





# avites plásticas

@notes\_and\_notes



The notebook cover features a light pink grid pattern on a white background. It is decorated with watercolor-style illustrations of pink tulips with green stems and leaves, and small pink bows. There are also small pink dots scattered across the grid. The notebook is spiral-bound on the left side and is surrounded by green foliage.

# Historia del arte

@notas\_and\_sobras

@normasnotes

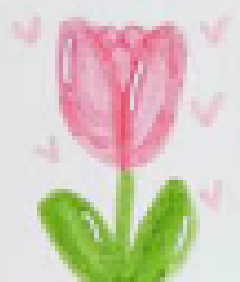




# dibujitos



plumones



tulipanes



lazos



plantas



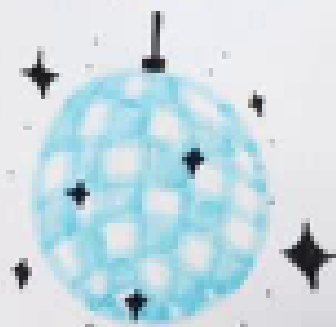
nubes



osito peluche



estrella



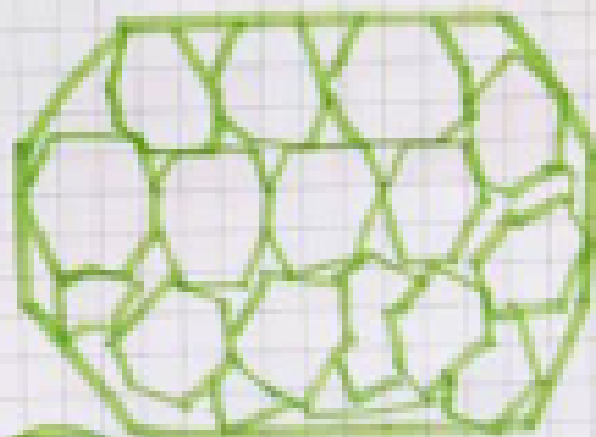
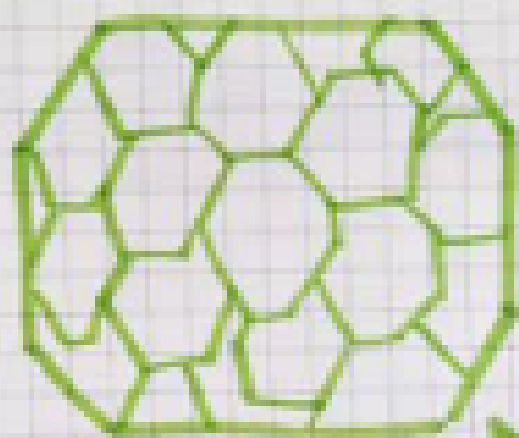
bola de disco

# WASHITAPES

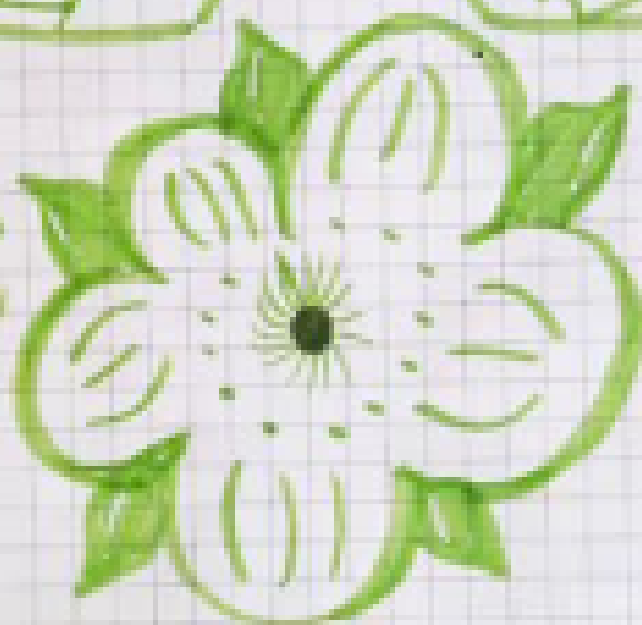


@normasnotes

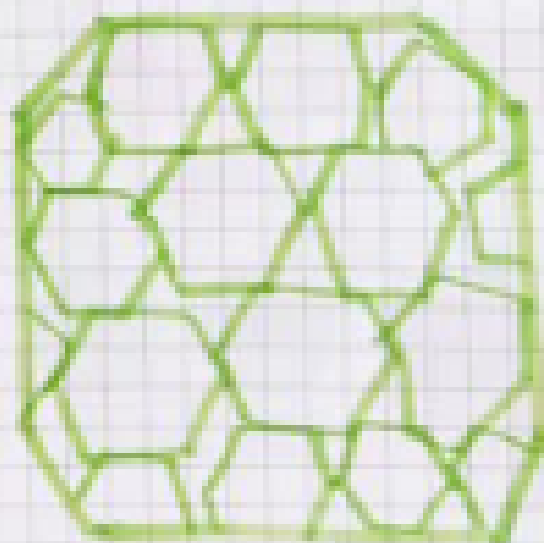
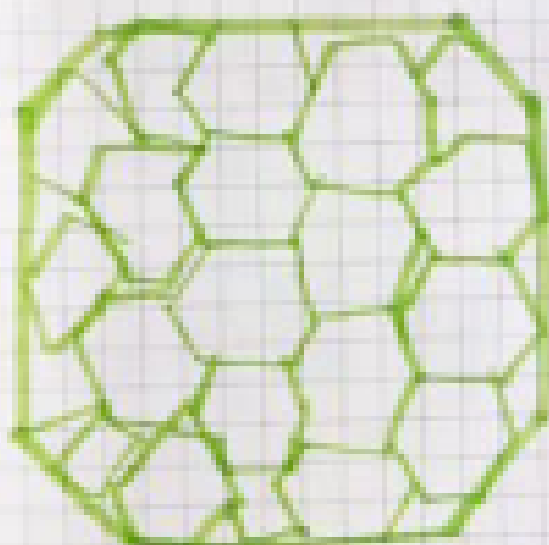


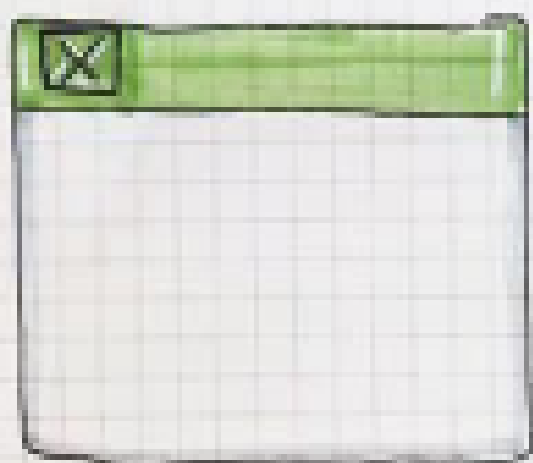


agri

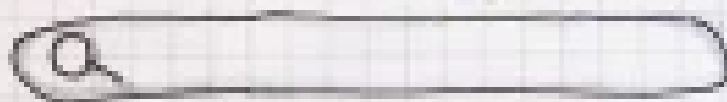


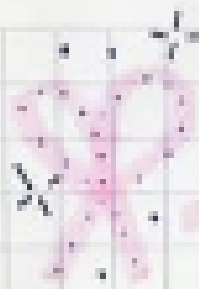
cultura





Google

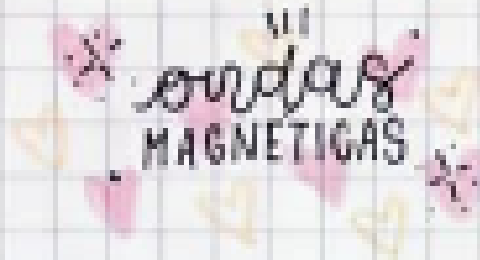




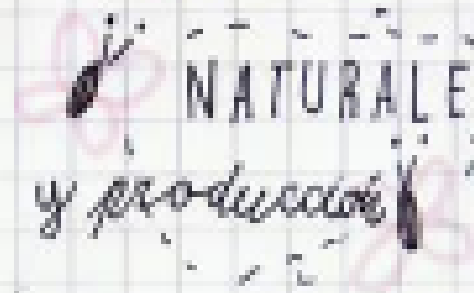
sistemas  
coquette



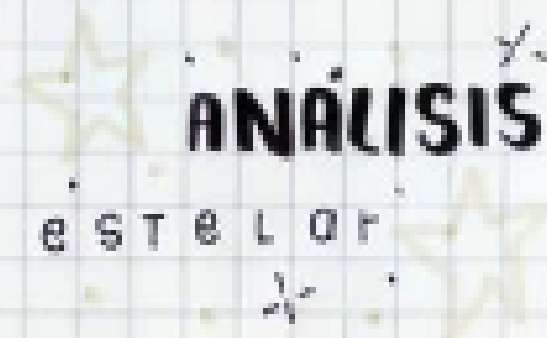
ciclo  
del agua



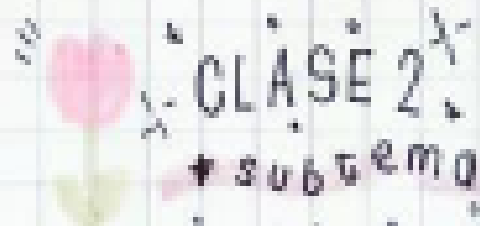
ondas  
MAGNETICAS



NATURALEZA  
y produccion



ANÁLISIS  
estelar



CLASE 2  
+ subtema



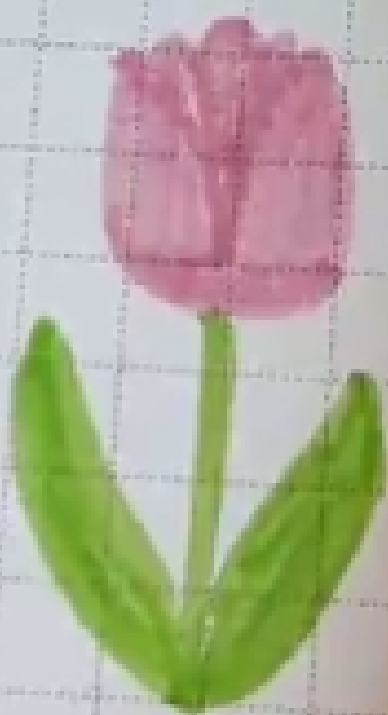
ANÁLISIS  
marino



CORRIENTES  
LITERARIAS

arte  
y bocetos

✂️  
★  
formas  
dibujar  
tulipán  
🌸



Brush Sign

@normasnotes

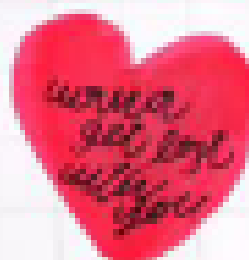
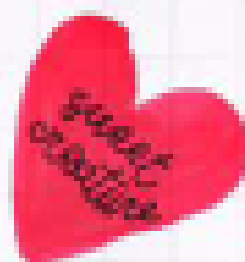
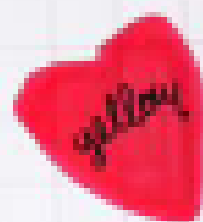




@normasnotes\_

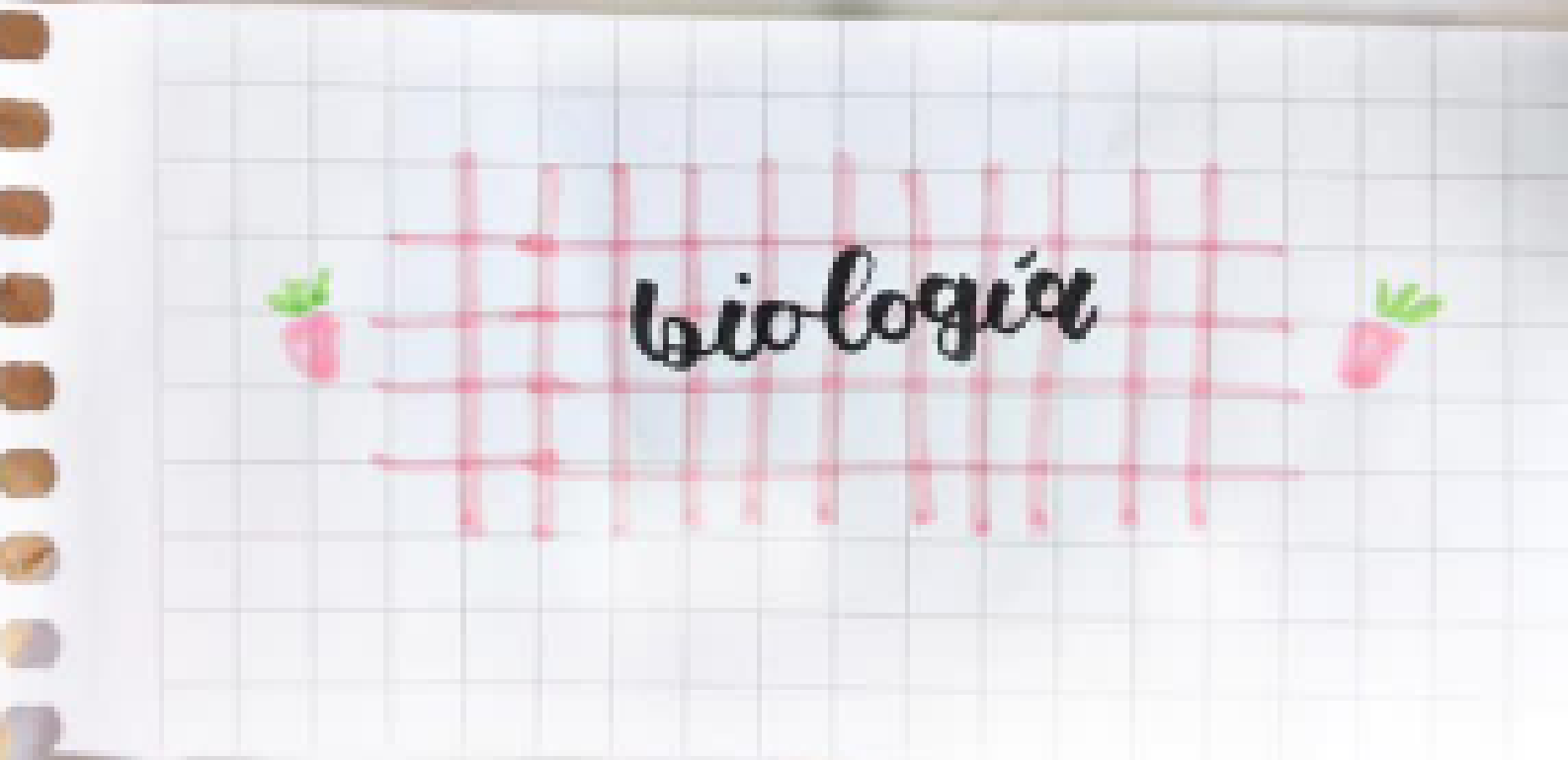


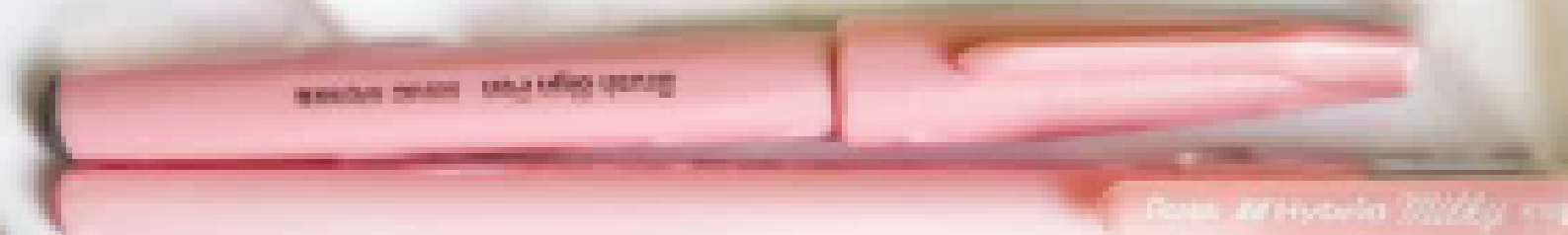
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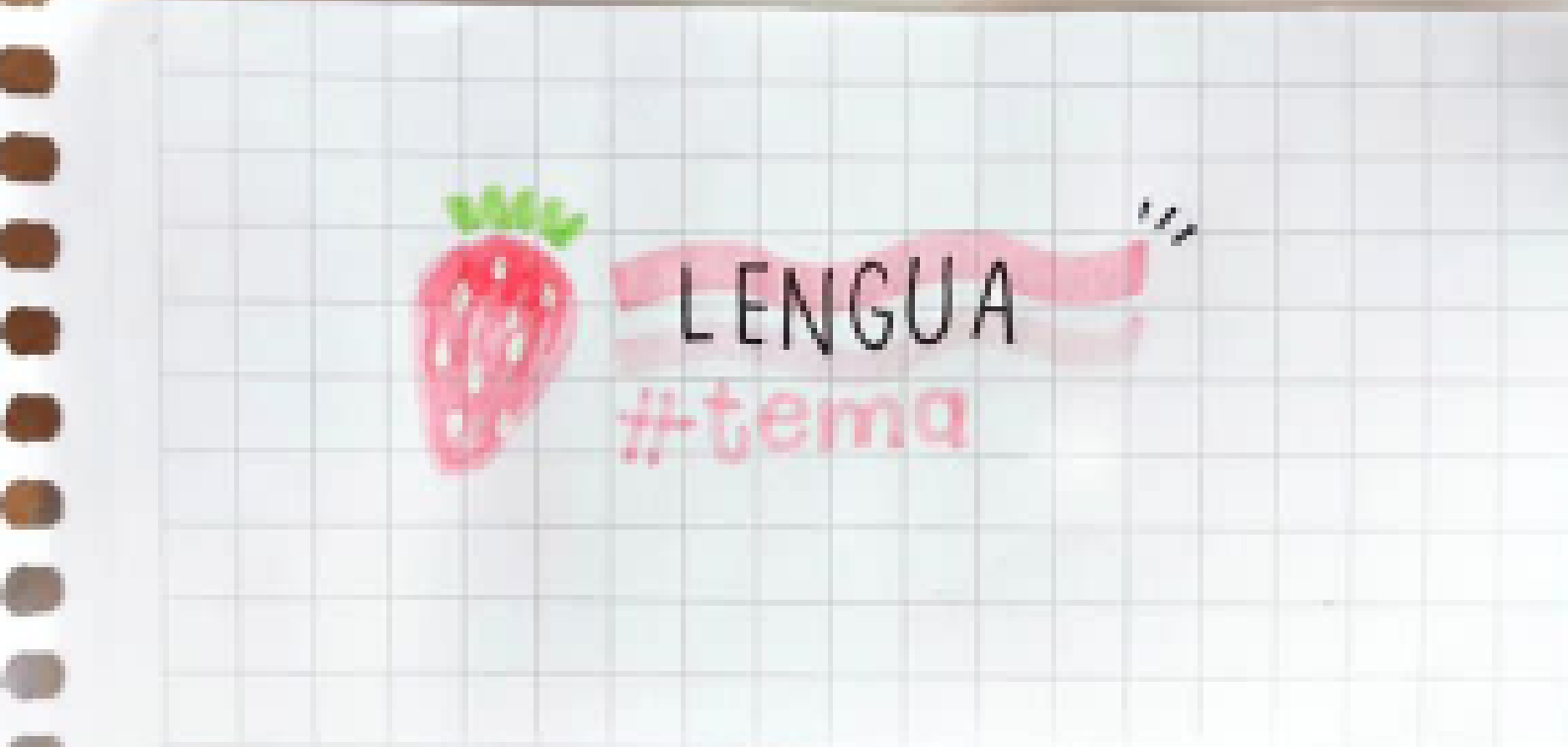
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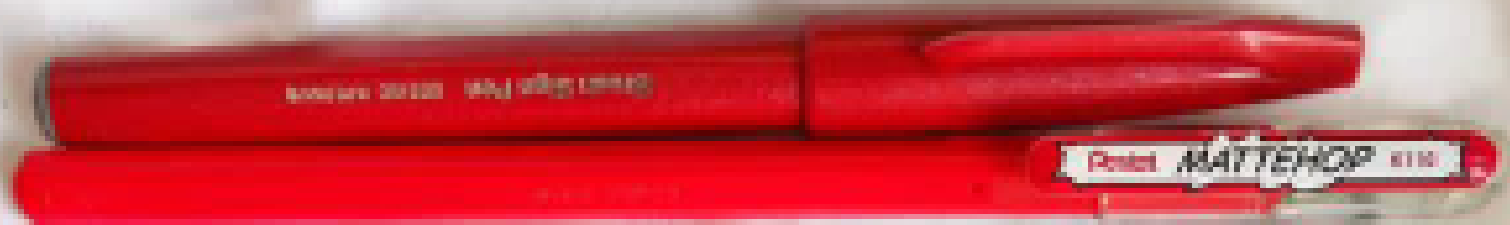




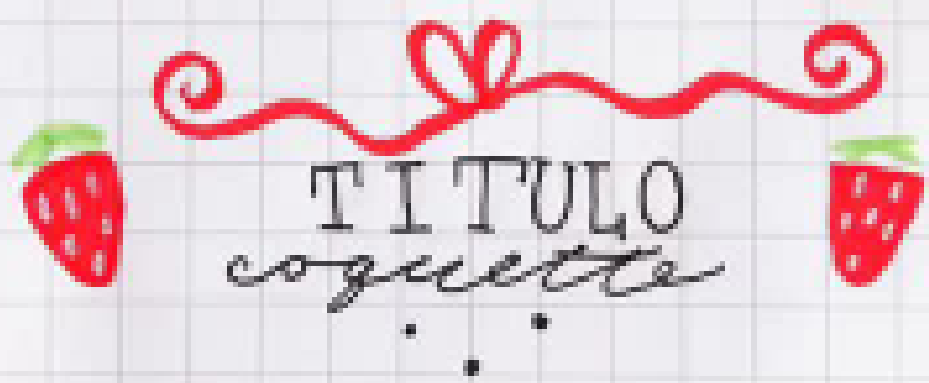
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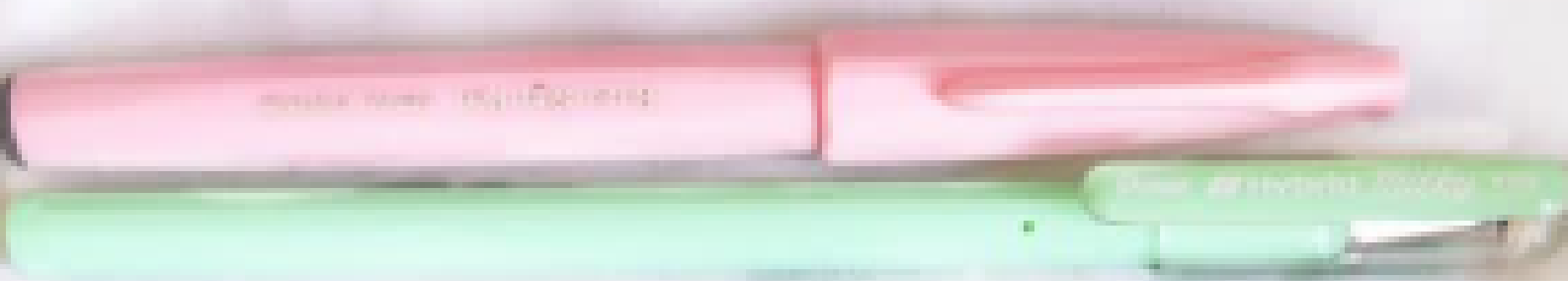




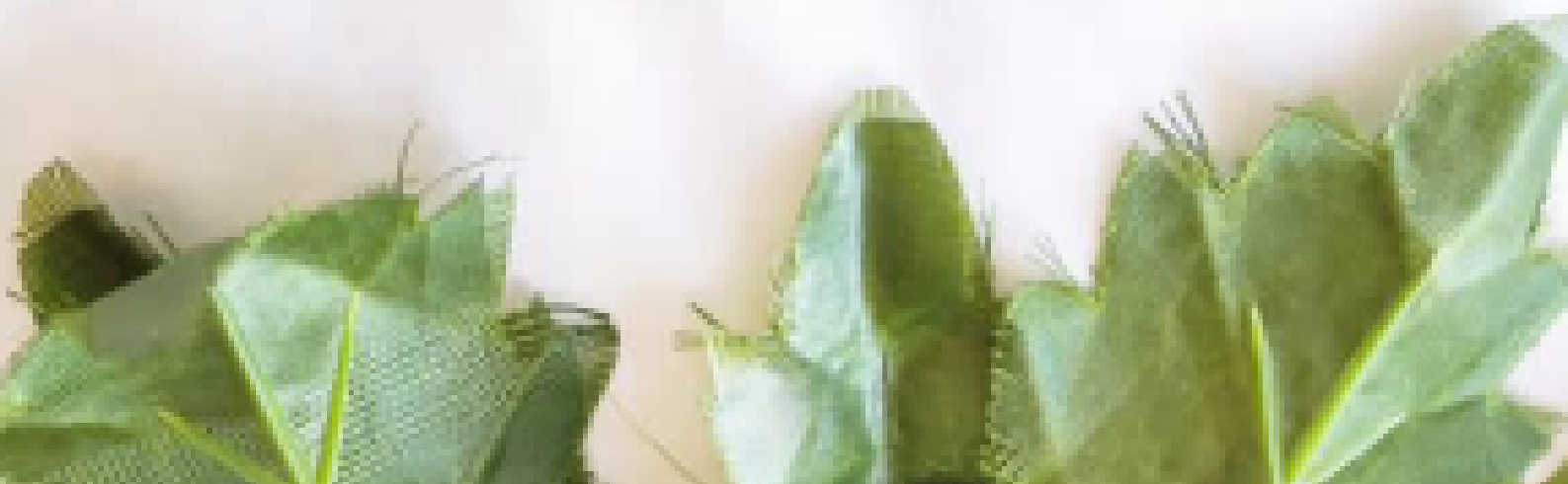


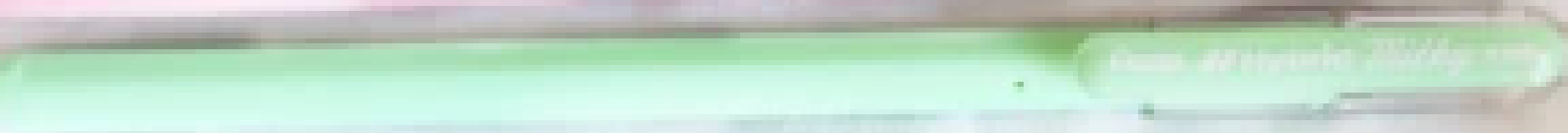
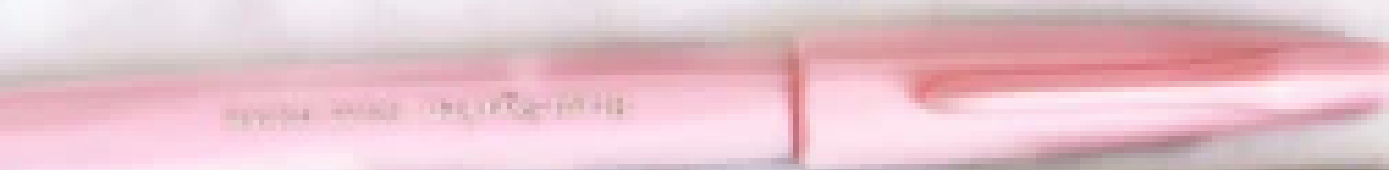
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@normasnotes\_



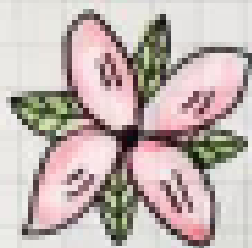


@normasnotes\_

ACTIVIDAD  
evaluada



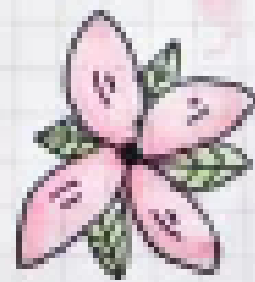




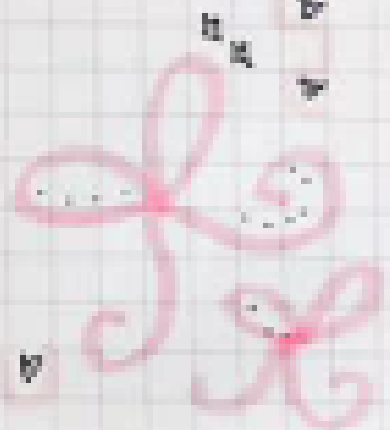
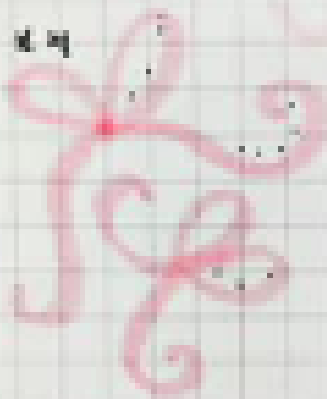
میں نے اپنے دل سے تم کو محبت سے بھر دیا ہے

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
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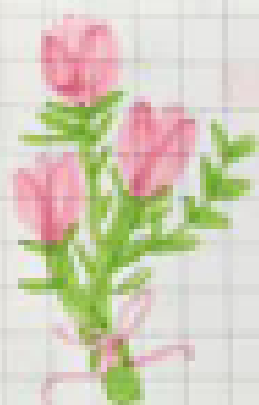
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23 ideas de  
manejos  
COQUETOS  
bonitos  
A parte 1  
@normasnotes



historia

15/07/2019

1 / 1

"ciencia"  
NATURAL



sistemas  
coquette

ondas  
MAGNETICAS

ANÁLISIS

NATURAL  
y producción

CLASE 2  
sistema

AL  
lindos  
fillos

CORRIENTES  
LITERARIAS

arte  
y bocetos





sistemas  
coquette

ondas  
MAGNETICAS

ANÁLISIS

lindos  
títulos

ANÁLISIS  
marino

CORRI  
LITERA

**Taller de dos sesiones:**

**Sábado 13 y domingo 14 de abril**

**Cuota de recuperación:**

**\$350.00 p/p**

# ++ Taller de Calligrafía moderna ++

## y Lettering

GIGICREATIVENOTES

Aparta con el 50%  
cupó limitado

**Incluye materiales y  
reconocimiento**



# Números Romanos

@bizuramat

I	—	1
V	—	5
X	—	10
L	—	50
C	—	100
D	—	500
M	—	1000

**REGRA 1** - As letras I, X, C e M  
Podem ser repetidas, no Máximo, 3 vezes  
II = 2    III = 3    XXX = 30

**REGRA 2** - As letras I, X e C  
podem ser escritas na frente ou  
atrás de outras.

frente → Somar

VII = 7

atrás → Subtrair

XC = 90

**REGRA 3** - Números superiores a 3000, usar uma  
barra sobre as letras.

$\overline{\text{VII}}$  = 7000

$\overline{\text{MM}}$  = 2000000

$\overline{\text{L}}$  = 50000







95.174 Me gusta









PORTUGUÊS

PORTUGUÊS

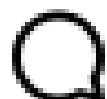
PORTUGUÊS

PORTUGUÊS

PORTUGUÊS  
09.03.24

David





FEBRUARY 12, 2024

IT'S MONDAY 1-11 GOOD EVENING MY DEAR JOURNAL MY FRIENDLY DOGS (DOL) HAVE BEEN FROM HEAD TO TOE BUT THEY'VE ENJOYED THE SHIP PRACTICALLY THOUGH AS I DEER FOR CREATING THINGS I LOVE. ANYWAYS IT'S AKA OF LOVE OF THEM NOW I SHOULD DESCRIBE SENSATION IN SOME ACTIVITIES THAT ARE HAPPENING AND NOT CRUSHING THAT ARE I CAN SAYING REPEAT, MOVING AS WHEN TOWARD THE FUTURE YES, MOVING MYSELF I WAS HAVING DINNER DURING THE DAY BECAUSE OF THE SIDE EFFECT OF THE MEDICATION. FIN MY INTENTION (F-1) SO I NOWENT CHASE UP THE BATHROOM AND THE HAND DRY I THINK THE GONGA GET GOOD NIGHT TO YOU HERE NO DEAR JOURNAL & NIGHT NIGHT.

FEBRUARY 13, 2024

Happy Fish & 🐟 Tuesday

MY DEAR JOURNAL YES IT'S OUR DINNER TODAY THE DOL THAT LIVE IN A WEEK WE DON'T SEND THEM TO OUR DINNER I SAID TO MYSELF WE SHOULD HAVE I DATES A WEEK, SO WE DON'T NEED TO THINK ABOUT IT OF DO LIKE SKELETON DID MY BATHING SAYS NO, ONCE IN A WEEK IT'S VERY PRODUCTIVE, TODAY (F-1) HAPPY WHEN I DID THE CHAN HE DOESN'T LIKE A NOISE FROM OUR WASHING HE ALSO SHAKES ON DOLLY'S FEEL OR FEELS HE WAS JUST ALONG AND NEEDING ATTENTION AS USUAL I FINISHED A FEW MY JOURNAL WORDS TODAY I'M NOT SURE WHAT I CAN CREATE FROM THEM MY WORD EFFECTS ME A LOT THESE DAYS BUT I CAN'T BUY ANYTHING BECAUSE THAT STAYS IF FINISH FROM OUR GOOD NIGHT MY JOURNAL.

- PLOT VP Decimo (F)

- De Arramento's Document Black Ink

Happy WEEKEND

January 10<sup>th</sup> 2024

CONGRATULATIONS THE SUPER BOWL THE HORSE ARE BUSY DOING ONE OVERNIGHT AND AND STUCK FOR THE DANCE SO DO WE? WE ENJOYED A NEW PARK ROAD? WE ENJOY A LOT MUCH WE AREN'T BARRY SO THERE GOOD GOOD NIGHT MY DEAR JOURNAL

February 11<sup>th</sup> 2024

GOODBYE AND THE SUPER BOWL? I'M A LITTLE BIT DISAPPOINTED THAT THE

🐟🐟🐟🐟

California Heares. Arrivals, Congratulations to the Chiefs

WE BOOK CHICO OUT FOR A WINK 3 TIMES TODAY AT THE JACKETS ON SUN BECAUSE IT'S KINDA OUR FAVORITE HE DOES SO FUNNY WITH HIS JACKETS. WE HAVE A BIG BILL AGAIN FOR THE NEW FLOOR MY CAR TODAY SO I DON'T HAVE TO GOING GET THE GUY TO FIX IT WE'LL BE ALL EXPENSIVE

COMING WEEK I WILL WORK ON CAPTIONING OUR PHOTOGRAPH OUR GONGA I SOME I CAN FIND EVERYTHING BEFORE THE RAIN COMES SO I SHOULDNT FEAR MY HAIR WAS MORE RIPP THEM. AND I HAVE TO TRIM MY HAIR DO AN EXCEPT JOB ABOUT THAT BUT IT'S GOOD ENOUGH BECAUSE I JUST HAVE TO GO A VERY SHORT. KINDA LIKE SKIN HEAD. WE HAVE MONEY I HIRE MY OWN DOL SO WE DON'T NEED TO PAY FOR THE BARBERS GOOD NIGHT AND SWEET DREAMS MY JOURNAL.

- PLOT VP Decimo (F)

- De Arramento's document Black Ink



FEBRUARY 22, 2024

highlight

- Muddy & Paddy's Courtship
- Power outage, 2 birds like that was it

The rain stopped but there are puddles and its muddy everywhere. I saw a post of Toronto's weather that I really like. The original was from @indianmud, and on IG.

"Still I Rise"

She said that it's a poem of Maya Angelou. I never read this poem but I kinda get into this poem. "Still I Rise". No real story or who try to take me down. I am still rising. Love love love. Anyway it's kinda a love story for me. I did a journey and some other stuff but I didn't study for the test. I practice some painting on my sketchbook. I was so disappointed at my skill. Maybe I am too old to start learning art. My teacher didn't stop, even my drawings are stupid. Good night and sweet dreams my dear journal.

Last moment of February 21  
Finally I got the name of this project  
"Shico's Social Media Planner & Internet Journal"



FEBRUARY 21, 2024

highlight

- The rain started
- Husband at the office
- Email to PNP
- **BLACKOUT**
- Documenting the Washi Tape

Well my dear journal and happy camp day. We didn't have the electricity today because the city maintenance is doing some work. We get a little bit cold here but at least I have hot water or shower. I must worry about food in the fridge, especially the ice cream. I had to go to the grocery store today because we needed to use the oil. I had to go to work. The rain started but it's not too bad. I and Maddy are there. We're not sure where to go. We're not about dinner.



I have finished documenting my Washi Tapes from the Washi Tape Shop today. I should have done that earlier but that's alright. The electricity came back at the same time my husband came home. I'll let him take a rest and then we'll take a long drive for a walk. We will go to the park, close to there. I'm going to get my self and the dog read. See you tomorrow my dear journal.

- First Vanishing Point Decimals
- PE Arrangement Document Black Ink
- Reminiscent Washi Tape Sticker Set from The Washi Tape Shop.



18+Pg  
x Gratitude Journal Set

20 **Gratitude**  
x Jan 14  
Gratitude Journal Set  
18+Pg

18  
x Jan 14-24  
Gratitude Journal Set  
18+Pg



18+Pg  
x Post: Daily Journal Set  
Reminders: Sticker Set

18+Pg  
x Post: Daily Journal Set  
Reminders: Sticker Set

18+Pg  
x Post: Daily Journal Set  
Reminders: Sticker Set

18+Pg  
x Post: Daily Journal Set  
Reminders: Sticker Set

21 **Gratitude**  
x Post: Daily Journal Set  
Reminders: Sticker Set

18+Pg  
x Post: Daily Journal Set  
Reminders: Sticker Set

22 **Gratitude**  
x Post: Daily Journal Set  
Reminders: Sticker Set

18+Pg  
x Post: Daily Journal Set  
Reminders: Sticker Set

23 **Gratitude**  
x Post: Daily Journal Set  
Reminders: Sticker Set

18+Pg  
x Post: Daily Journal Set  
Reminders: Sticker Set

## Content Idea

25 January 2024 Gratitude Journal  
Full Through Vid  
x Edit REEL + Short

The Letter to the Heaven returning/  
on the Note Session of Robonichi Week  
x Post + Vid

The Poetic Note Setup / Touchdowns of  
a Full Setup Videos  
x Vertical -> Edit: Short / Reels / Story  
x Horizontal

The Official Name: My Gratitude Journal  
The Starting Line: Common Planner N1  
x Full Vertical -> Edit: Short / Reels

Gratitude Writing  
x Full Vertical -> Edit: Short  
x Upload Short YT

Common Planner Monthly (or  
x Full Vertical -> Edit / Post: Stories

LIFE IS  
better with a cat



FEBRUARY 27, 2024

highlight

- GOT Amazon Pack on
- For 10 mins with a forehead
- MONITORING PAPER YELLOW
- FOR TODAY Tomorrow
- LATE day



WATER didn't shut down but it wasn't too  
dressed to take a shower until it came back  
around one after noon when I did.

ANYWAY YAY YAY YAY I got my AM  
package on the next time. And on the  
right day. Here what I bought:

1. Baby hair cover powder  
(I haven't tried yet)
2. More Lushcrafts Art of Powder  
Notebook. I think the dot grid this  
time. I have a plan for it.
3. Tons of more stuff (mechanical  
pencil & more paper yellow)

OMG! I should have bought this pencil  
long time ago. Honestly, I didn't expect that  
I would like it or it wouldn't have been  
worthy.

but BOY oh BOY! I love it. I love it.

It looked funny in the photo but the reality  
is it's so sturdy very high quality. The baby  
weight is so perfect for my hand. The paper  
yellow is so soothing. The clicking sound  
is so amazing. Maybe I'll do a review video  
on YouTube too. However I have a ton of  
ideas on how to use it.

LIVE.  
LOVE  
mew

I have to edit. Well  
it isn't a productive day  
at all.

Good night and Sweet  
dreams, my dear journal.

FEBRUARY 28, 2024

highlight

- A little something on  
note what you're and  
trying to get the things
- Another productive day
- Early sleep



READ my Baby Journal. It rained  
for a while but for a while at the dining  
table. And then we went to the dining  
table. I had a good night's sleep.

- Sleep
- Hair & Hair
- Chemo



I have realized when other create their  
own images or content with others  
and... and... and... this is important. I try to  
get me involved in their stories or to  
make me to be a source of their content.  
This is why I don't want to be a source  
of my place. Work on those.  
I don't throw stuff to others. I don't  
whenever my dear journal. I don't  
about our story. Let's talk  
because coming to me.

1. From Amazon. I ordered one.
2. From PWR. Supported
3. From... (something) Let's see. I'm  
not sure yet about this one.

However I really like  
this cat pet toy.  
Even I'm not a  
cat person. I don't  
love cats but I get  
every from them...  
and that's sad.



PER: PWR: VANDERBILT: PWR: DECLINE (P)  
WE: BE: ATRONEMENTS: DOCUMENT: BLACK  
THE: KITTEN: MIA: PET: TALE









Hammer's  
Whisper's  
Wide PET  
Tape

Font: Pica Variable  
and Point Design  
Fino MCB

ink: de Aardvark  
document block  
ink

March 8, 2024

well - I was too sleepy last night I didn't  
say good night to you. Anyways, it was so  
productive today

≡ highlight ≡

- Did the Tumbler Modernist Mechanical  
Pencil you done
- Rebuilt the book
- Walk at the Civic Center Park
- Start the first page of Hottelmuile  
Sketchbook

We did inexpensive dinner today: small  
chicken from Pasa Loco. It's good and we  
love it... and then we ate fruit.  
You know, when I have not many words to  
say, these stickers help you look so good

I didn't put any much  
effort at all. They just  
are good by themselves.  
Good night my pretty one



"If you can look into the seeds of  
time, and say which grain will grow  
and which will not, speak  
then unto me."

March 7, 2024

- ✓ good evening my pretty journal. It  
didn't rain today, but the sky looked  
like it was gonna rain.

≡ highlight ≡

Get Chico's nails trimmed  
Place and order  
Waiting @ Mile square  
Cuban restaurant for dinner

We took Chico to the PetSmart to get his  
nails done. He was so nervous to be left  
with strangers. He was shaking on the  
counter... but we gotta do this his nails  
are so long until they disturbed his toes.  
He didn't let me trim them. When he was  
puppy he let me trim them but not  
anymore, so.

- We went to get our dinner from the  
Cuban restaurant official here home.  
It was so good. Here are what we got:

  1. Ristec de Pasa Chicago Steak  
Chicken breast seasoned and  
grilled in garlic sauce and topped  
with mushrooms
  2. Pasa Asada-Roasted Garlic Chicken  
Half a chicken marinated in our  
secret sauce
  3. Empanadas - Cuban Paste

anyway it smells  
"Cuban" not  
"Cuban" ok!!



August 11, 1924

### Highlighted:

- \* **SPACE** **NAME**  
\* **SPACE** **OUT** **Q** **100** - **00** **00** **00**

[illegible]

## 2 highlight 2

- For 1993 Budget
- get AMT Package
- bring client right
- ChCO Meeting
- for some information  
back from the hospital



It's very interesting (3-4). I ran the  
old weather and old diary. I didn't  
mean to do diary but since there was  
on top of it. He didn't even touch after  
his sickness last week. I know don't  
know what is going on with him. He isn't  
I mean we can only observe his symptoms  
always, and might be pretty one.

- TORREDALE APT (Water-6-0480) ; 125, 1+1,  
885, 3Y2.

March 9, 2024

Good bedtime Saturday my dear Journal  
 Good! Some productive day, in my opinion.

highly detailed

- 3 away from home
- over the 10th Amendment document black ink
- revised done = submit
- The Tenth Amendment document on paper
- revised video sent to
- single third Japanese check, cake
- from the painting
- one cake
- lots of oranges

...saying that I can't talk, much less write  
to Jeff and Mom.  
...and didn't my dear journal.

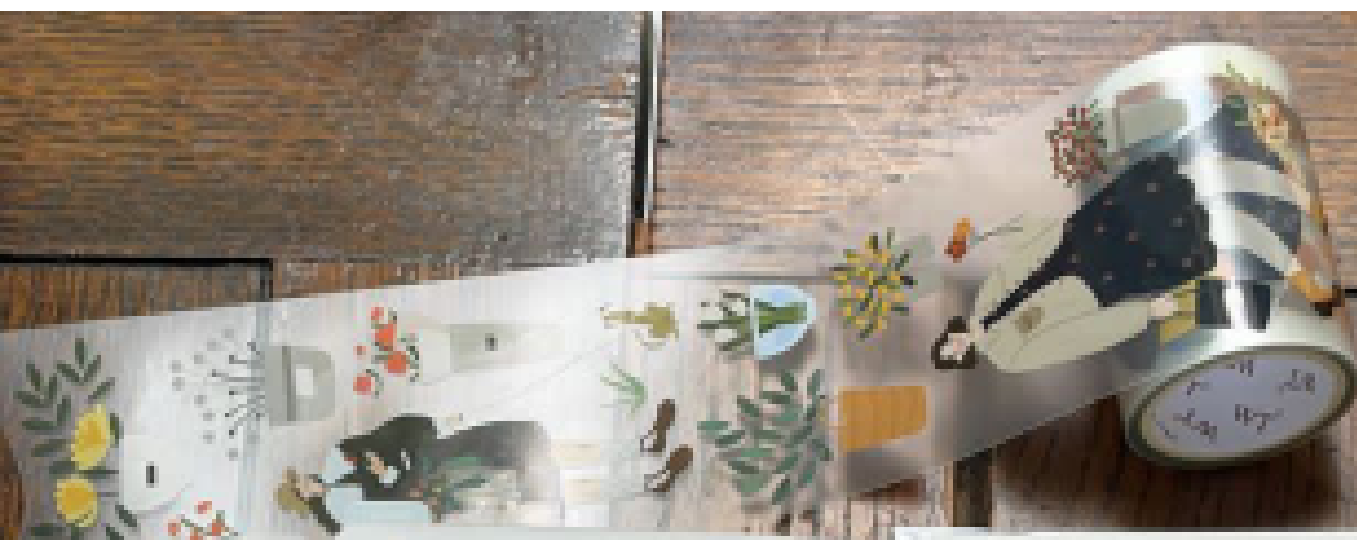
March 10, 2024



- change the clock DAYLIGHT saving  
scheduled electricity black out  
stop or limit for a night

We arrived the hotel in afternoon we took a rest a little bit. We went to get food at the restaurant near by. Oh 80's I don't remember the name of it we tried it but another area we love it so much. Ohio didn't like food that are 80's for him. Anyway, I'm so sleepy now. Good night see pretty one

- Prior working point (second CF)
- DE Attention to document BLACK INK
- Tomorrow Art water-pipe: 0.6, 2.4"



## MARCH 11 2024

Dear Journal, I'm feeling a bit better today. I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

### Highlight

- I'm still a bit sore, but I'm feeling better.
- I'm still a bit sore, but I'm feeling better.
- I'm still a bit sore, but I'm feeling better.
- I'm still a bit sore, but I'm feeling better.

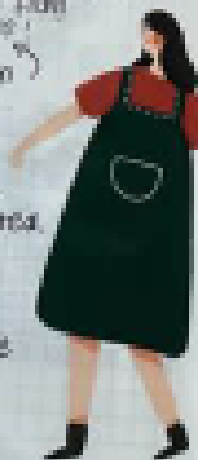
Wow, it's so much, since last night. I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

Anyway, I have a plan about my hair. I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

I hope it is still good.

Dear Journal, I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

Over the year, that's almost the year. I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.



## MARCH 13 2024

Dear Journal, I'm feeling a bit better today. I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

### Highlight

- The little birds come back.
- I'm still a bit sore, but I'm feeling better.
- I'm still a bit sore, but I'm feeling better.
- I'm still a bit sore, but I'm feeling better.



My husband came to our doctor. I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

I'm still a bit sore, but I'm feeling better. I'm still a bit sore, but I'm feeling better.

- Tomorrow I'll water-pot.
- I'm still a bit sore, but I'm feeling better.
- I'm still a bit sore, but I'm feeling better.
- I'm still a bit sore, but I'm feeling better.



• 1990-1991  
 • 1991-1992  
 • 1992-1993  
 • 1993-1994

I love love  
 but be safe  
 Creating my own  
 my own  
 is the best  
 I still have  
 I go for  
 my pretty

[illegible]

- Raining hard again
- The smoke from the fire
- Fair view from the boat
- A bit of luck
- Just a few more to the fire

pen: uni-ball signo bl 0.35 ball pen black w

MARCH 15, 2024

Dear the past of  
my life,

I would like to thank  
for everything that  
happened to me life  
yes even being difficult  
situations that I have to  
face. They are just the hard  
but they teach me about life  
They teach me about life  
I learned how  
to stay in my own  
I learned to deal with  
I learned not to care about what  
others think about me.  
The world is always beautiful  
but not humans that live in  
their minds are far from beauty.

Thank you helping hands that I see  
Thank you my career.  
Thank you Thailand.  
Thank you all places that I stayed  
Thank you everyone and everything  
that protected me from those bad  
mind and soul.  
Thanks myself for being together  
and being so patient to me.

I have learned a lot from the past  
however if there are anything that  
I missed or didn't understand  
correct? please tell me or whisper  
me or anything that help me to  
see clearly the truth.

Last but not least I apologize to  
myself for my stupidity for my  
bad habits, for that I ignore you  
sometime.

Good night and be peaceful v

MARCH 16, 2024

Dear me,

I am thankful that  
we can make it through  
this part of our life  
I am thankful that we have to  
face rough situation alone.  
I mean, there were only you  
and me, had to walk alone on  
that rough road that there were  
many people. I think that as soon  
as our friends and our family  
could always say they love us they  
that did they wanted to see at face  
they didn't want to see us growing  
for their own reasons. We don't need  
to clarify them. However, along of  
that rough road and though time  
I always told us to

- Keep walking!
- Keep walking!
- Keep walking!

even when we fail, we got up,  
we cried, we took a deep breath  
and then we kept walking.  
And now we are here in some corner  
of the peace. I know we still have  
to deal with the rough unstable  
future that we never know. But  
nothing can weaken our mind  
any more. We have strong faith  
we are calm. We have self-  
and no matter what happen in  
future you have me. I will  
walk beside you. We will  
and make it done together.

Thank me, myself and I. v

3  
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12  
MAR



**Project:**  
x Post Tomorrow  
x Post Daily Journal  
x Post Daily Journal

**Project:**  
x Post Daily Journal  
x Post Daily Journal

**Project:**  
x Post Daily Journal  
x Post Daily Journal

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- **offered**

**Project:**  
x Post Daily Journal  
x Post Daily Journal

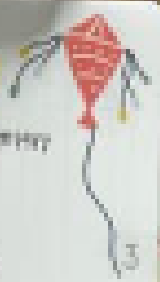
15  
← **Film/Video Post New Products**  
Firming Anti-Pencil Legs Review  
Bum Bum New Spring Onslaught



**Project:**  
x Post Daily Journal  
x Stories

**Project:**  
x Post Daily Journal  
x Story

**This Week Content**



☑ **Post the Pencil Note** (Leakage/Review)  
x Product Use Review (Review)  
x Pin on Pinterest

☑ **Post the Pencil Note** (Leakage/Review)  
x Pin on Pinterest  
x Post the Pencil Note (Leakage/Review)  
x Post the Pencil Note (Leakage/Review)  
x Post the Pencil Note (Leakage/Review)

☑ **Post the Pencil Note** (Leakage/Review)  
x Pin on Pinterest  
x Post the Pencil Note (Leakage/Review)  
x Post the Pencil Note (Leakage/Review)

☑ **Post the Pencil Note** (Leakage/Review)  
x Pin on Pinterest  
x Post the Pencil Note (Leakage/Review)



• **Post the Pencil Note** (Leakage/Review)  
x Pin on Pinterest  
x Post the Pencil Note (Leakage/Review)  
x Post the Pencil Note (Leakage/Review)





March 5, 2024

### highlight

- 27K is
- Instagram down
- Facebook down
- FWP checked in



Hello my dear journal!  
It's Tuesday, so happy such  
Taco Tuesday. At Rubio's,  
sick and team were busy.  
We waited about 30 minutes  
to get our food after we ordered. My  
husband had to wait in there after  
his long day at the office. We got a package  
from Mr. Bonang for Chico. He was so glad  
when he saw his daddy came home and  
gave his daddy the most wonderful welcome  
hugs and greetings. He always thanks me that  
we adopted Chico... even he is a pain some  
times. Anyway, I gave him his medication  
with peanut butter again otherwise he will  
not eat it. He will run away from me and  
I don't wanna force him to have meds.

By the way, Instagram and Face Book were  
down this early morning. I thought I was  
hacked. Then I check now, it seemed it  
happened all over the world. That means  
Hera got hacked? Well... if yes, that means  
everyone got hacked too including me.  
However not too long they came back online  
but not completely normal yet even now.  
Good night and sweet dream, my pretty  
journal.



daily  
days are  
here again

March 4, 2024

### highlight

- Chico vomitted. Maybe the food was too hot
- AME Videos are back
- Mr. Computers set up and work!
- Stoker sick and sprouts

Hello my pretty journal and happy MINDAY!  
The rain started... but it's still muggy  
everywhere.

Passing the 2<sup>nd</sup> month of 2024, I have  
already planned for my 2025 Planner's  
and journals according to life purpose  
planning but I'm not gonna talk about  
that yet. Anyway, we took Chico out  
for a walk at the park. Foot was legs  
sucky then we went to sprouts buying  
one veggie and fruit and then stoker  
got baking Fried Chicken and pulled  
chicken and salad for my husband. Then  
tomorrow... then we came back home  
and had our dinner yesterday.

However Chico threw up  
perhaps because the Fried  
chicken was too hot.  
Bad mommy! I should've  
known better. I gave him  
his medication to burn  
it inside the peanut butter.  
I should've known this  
long time ago either.  
He looks okay now sleeping  
soft and sound on bed.  
I'm gonna get myself ready  
for bed too. Good night. ♥

adventure  
is the  
spice of life



Tape: Tranquil moment in  
Potterdam PET Tape.

Pen: Tombow AGT Water-based 0.7mm  
Pilot Vanishing Point Decimo CF  
Ink: SE Atramentis Document Black

# El PERIODO Preclásico

Las sociedades, indudablemente surgieron por las necesidades de supervivencia. Los primeros grupos humanos que vivieron en la Tierra fueron cazadores-recolectores. Eventualmente, el incremento de la población llevó a la necesidad de recursos locales y mecanismos por el cual líderes políticos organizaron la cooperación de grupo que podían ejercer un poder efectivo. Formas incipientes de escritura surgieron para registrar su autoridad. Entre los 500 y los 1000 d.C., surgió el primer sistema de ceremonias preclásico en las tierras mayas.



El periodo clásico fue caracterizado por el surgimiento de sociedades estatales urbanas a lo largo de Mesoamérica. El principal fue Teotihuacán. Presumiendo una población de más de 100,000 habitantes era una de las ciudades más grandes en el mundo entre los 200 a los 500 d.C. La ciudad zapoteca de Monte Albán surgió para dominar políticamente la región de Oaxaca. Los centros rituales ceremoniales duraderos como Tikal, Palenque, Copán y Quirigua de ciudades de estados pequeños.

# Clásico



Los de las tierras bajas mayas, los centros de comunidades Preclásicas presiguieron la tradición dentro de la zona de influencia en el corazón de Guatemala. Para los años 500 d.C., monumentos con textos jeroglíficos demostrando grandes eventos que fueron la transformación de la organización social desde yemas hasta estructuras institucionales. Entretanto para los 900 d.C., la mayoría de las grandes ciudades fueron abandonadas, algunas después de experimentar terremotos continuos por más de un milenio, muy pocas teorías políticas para la explicación del colapso de la sociedad Preclásica de la élite clásica de las organizaciones socio-políticas impulsadas por la destrucción medioambiental; cambios de clima y la disminución de los recursos debido a la sobrepoblación. Algunas áreas dieron testimonio de un florecimiento breve de ciudades secundarias entre los 800 a los 1,200 d.C., una era llamada a veces el Clásico Tardío.

# Postclásico

Gobernantes regionales legaron con altamente representados y simbólicamente cargados. El inicio de la destrucción de las grandes ciudades y la pérdida de la unidad política. Los mayas no solo para nuevas rutas que fue una parte integral de las alianzas de larga duración, sino también.



Se denominan sales minerales a aquellas moléculas de tipo inorgánico que, en los organismos vivos, pueden aparecer como cristales, disueltas, precipitadas o vinculadas a otras moléculas.

Se caracterizan por estar siempre ionizadas cuando se hallan

disueltas en el agua. Diferentes iones, de este modo, desarrollan distintas

funciones en el organismo, como regular

la presión osmótica y el pH, controlar la salinidad y controlar las contracciones de los músculos.

Además de las sales minerales ionizadas, en el organismo también actúan las sales minerales precipitadas que, al permitir el desarrollo de estructuras de gran dureza, brindan protección o soporte.

La actividad muscular, las proteínas del metabolismo y el sistema inmunológico también dependen, en parte, de las sales minerales. Por eso es importante incluir en la alimentación que sean ricas en estas sales.

Las legumbres (por el magnesio y el magnesio). El pescado (yodo, fluor), los lácteos (calcio), la carne (hierro, potasio, fósforo) y los cereales integrales (zinc) son algunos de los alimentos que permiten ingerir sales minerales.

También se puede denominar como sales minerales a los productos que se emplean en los baños de inmersión para aportar distintos beneficios al organismo. Entre los baños asociados a las sales minerales de baño, se encuentran la desintoxicación y el alivio de inflamaciones.

Es habitual que a estas sales minerales de baño se le añadan componentes para que tengan aroma y produzcan espuma, incrementando la sensación placentera de las personas que disfruta el baño de inmersión. Vale mencionar que los baños con sales datan de muchos siglos atrás, ya que ofrece beneficios físicos de carácter independiente del grado de logro de un proceso, como ser la relajación muscular, ideal para combatir el cansancio y el estrés.

Una de las posibles referencias remonta a las baños con sales.

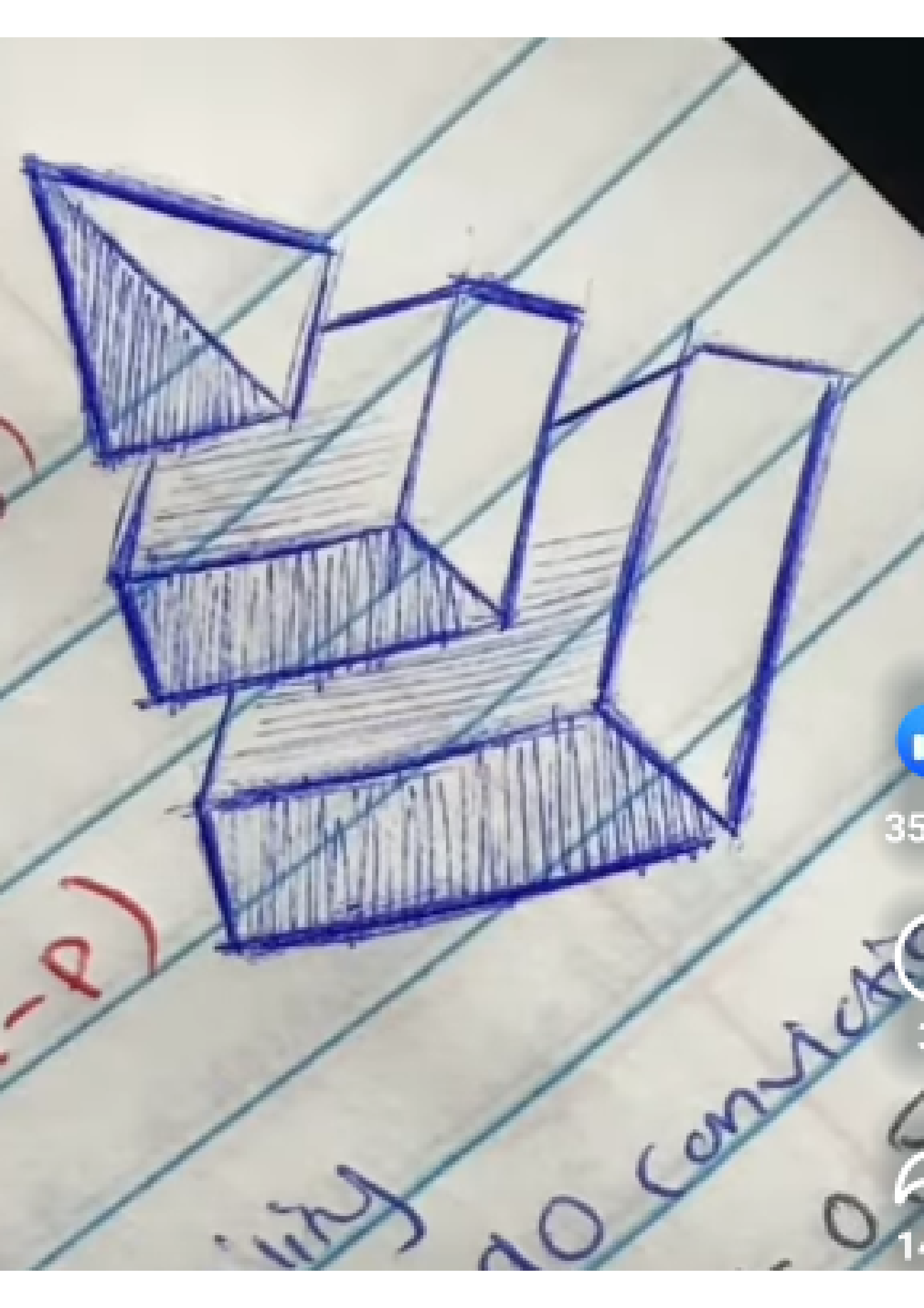
Son compuestos inorgánicos fundamentalmente iónicos. Las sales, en general, son combinaciones de cationes y aniones, excluyendo los compuestos del ion hidrógeno ( $H_3O^+$ ), que se clasifican como ácidos.

Las sales minerales disueltas en agua siempre están ionizadas. Estas sales tienen función estructural y funciones de regulación del pH, de la presión osmótica y de reacciones bioquímicas, en las que intervienen iones específicos.

Participan en reacciones químicas a nivel electrolítico.

Los procesos vitales requieren la presencia de ciertas sales bajo la forma de iones como los cloruros, los carbonatos y los sulfatos.

# Sales minerales



35

Why do we convert



# Management

UNIT 1

What is management?

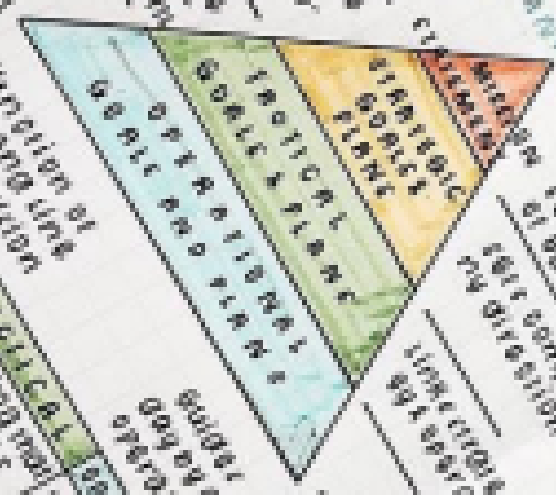
- ① **Management** is the process of planning, organizing, leading, and controlling the activities of an organization to achieve its purpose.
- ② **Management** is the process of getting things done through other people.
- ③ **Management** is the process of making decisions and taking action.

What are the functions of management?

- ① **Planning** - setting objectives and determining the best way to achieve them.
- ② **Organizing** - arranging resources and tasks to achieve the organization's purpose.
- ③ **Leading** - motivating and directing employees to achieve the organization's purpose.
- ④ **Controlling** - monitoring performance and taking corrective action.

What are the levels of management?

- ① **Top Level** - responsible for overall strategy and long-term planning.
- ② **Middle Level** - responsible for implementing strategy and managing resources.
- ③ **Lower Level** - responsible for day-to-day operations and supervising employees.



Strategic Management

Tactical Management

Operational Management

What are the types of management?

- ① **Line Management** - responsible for direct supervision of employees.
- ② **Staff Management** - responsible for providing specialized services to line managers.
- ③ **Advisory Management** - responsible for providing advice and guidance to line managers.

What are the characteristics of management?

- ① **Management is a process** - it involves a series of steps and activities.
- ② **Management is a social activity** - it involves working with other people.
- ③ **Management is a continuous activity** - it never ends.
- ④ **Management is a dynamic activity** - it changes over time.

What are the challenges of management?

- ① **Change** - the environment is constantly changing, and managers must adapt.
- ② **Uncertainty** - managers often face uncertain future conditions.
- ③ **Complexity** - organizations are becoming more complex, and managers must manage complexity.
- ④ **Resource scarcity** - resources are limited, and managers must allocate them wisely.

What are the skills of management?

- ① **Technical Skills** - the ability to perform specific tasks.
- ② **Human Skills** - the ability to work with other people.
- ③ **Conceptual Skills** - the ability to think abstractly and solve problems.

# ROMAN

architectural 1001

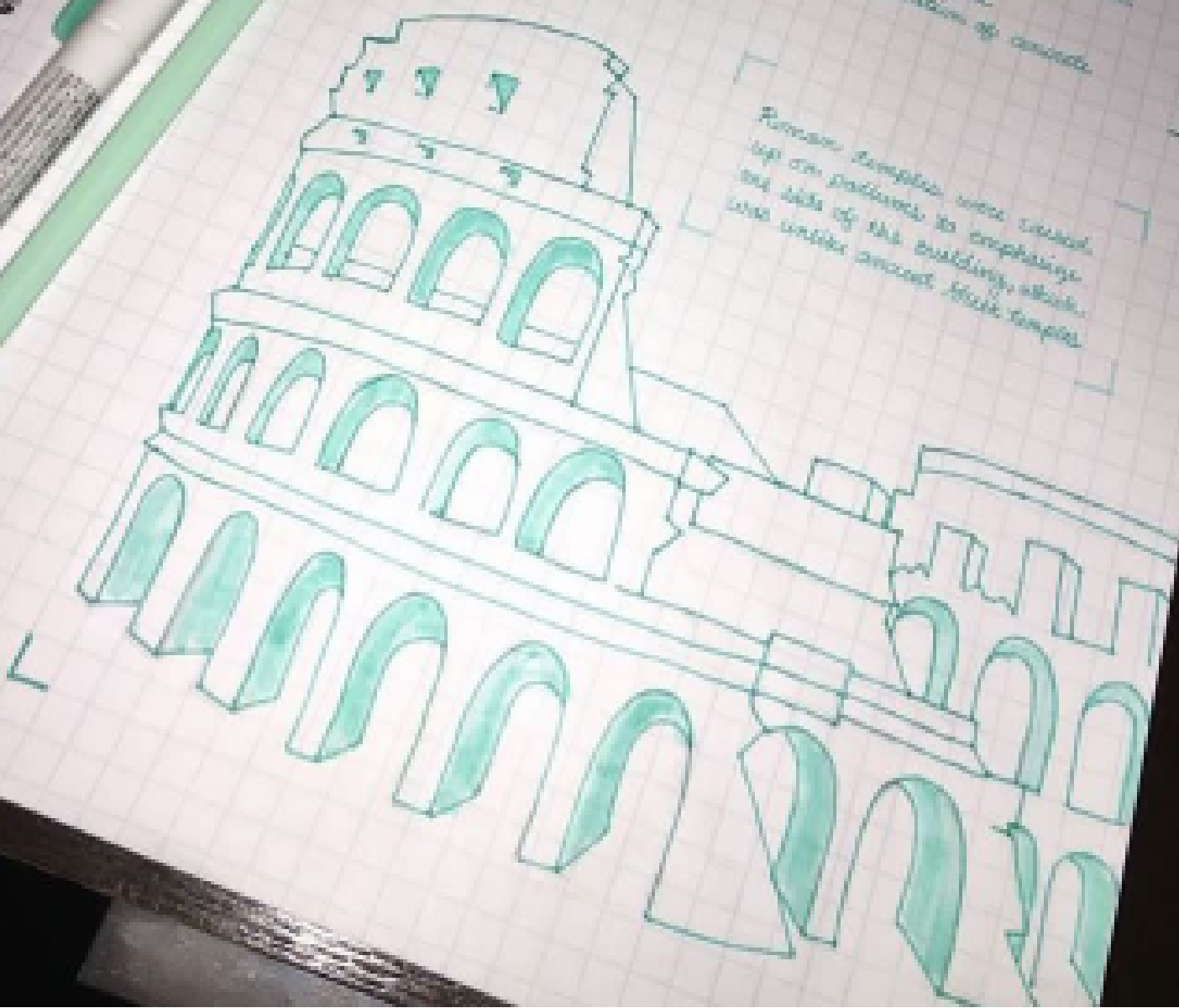
ARCHED CANALS SUPPORT  
GREATER LOADS, AS WELL  
AS CHALLENGING VIBES

Decorating with arches  
drawn with just 20 centimeters  
of space for arches, narrow  
bridge and more

Extensive growth, advanced structural  
engineering from 1000 - 1000  
This includes:

- introduction of the arch
- the vault
- the dome
- creation of concrete

Roman temples were raised  
up on podiums to emphasize  
the side of the building, which  
was unlike ancient Greek temples





# March



It is finally spring! This winter has been so cold which isn't really normal here in Southern California. The low has been at 30-40° which is crazy. February I spent recovering from my wisdom teeth removal. School this sucks and I also got some new paint so I can practice. I've really been into doing artsy stuff recently.

*how difficult life may seem, there is always something you can do and succeed at*



# CHEMISTRY

## 1. What are the five main ideas of the particle theory?

particle theory of matter: a theory that describes the behaviour of matter.

the five main ideas of the particle theory of matter are:

- ⇒ all matter is made up of tiny particles.
- ⇒ there are spaces between them.
- ⇒ different substances are made up of different particles.
- ⇒ particles are in constant motion.
- ⇒ the particles of a substance attract each other.

## 2. Define the following: pure substance

pure substance: a substance that contains only one type of particle.

element: a pure substance that cannot be broken down into simpler substances by any physical or chemical process.

compound: a pure substance that can be broken down into simpler substances by a chemical process.

molecule: two or more atoms of the same element chemically joined together in a unit.

atom: the smallest particle of an element which cannot be created or destroyed by a chemical reaction.

mixture: a substance that is made up of two or more different substances.

homogeneous mixture: a mixture in which the composition is uniform throughout.

heterogeneous mixture: a mixture in which the composition is not uniform throughout.

solution: a uniform mixture of two or more substances.

## 3. Distinguish between a heterogeneous mixture and a homogeneous mixture - solution:

⇒ if the pure substances mix very well with one another, they form a homogeneous mixture. In this mixture, you can see only one phase, or visible part.

⇒ this mixture is called a solution, whereby the substances are dissolved in each other.



# Contemporary

Los siglos XXI y XX abrieron una nueva perspectiva de mundo que tiene tienda a hacer de la búsqueda de la verdad una tarea más fácil.

# nos alimentos

Ação de alimentos  
Execução de alimentos  
Revisão de alimentos

Nome da demanda

- Ação de alimentos
- Ação de alimentos
- Ação de alimentos
- Ação de alimentos

Competência art. 53, II, CEC  
do Juízo de uma das partes  
de família da comarca de  
(art. 53, II, CEC)

- necessidade
- alimentos
- alimentos
- possibilidade

- Compatibilidade
- Com a conduta
- social do alimentado

Fundamentação

- Lei especial - 5441/73 - alimentos
- 13504/04 - alimentos
- Estatuto do idoso - art. 19
- Princípio da dignidade da pessoa humana
- Solidariedade
- Criança ou adolescente até 200 Cents
- 200 - 223, 230 Cents

Estrutura da peça

do Juízo de uma das partes  
da comarca de X

Nome do autor, nacionalidade, estado civil, profissão, portador do Cédulo de identidade X inscrito no CPF X, residente e domiciliado no endereço (endereço completo), neste ato representado por sua genitora (qualificação), com poderes de seu advogado regularmente

Capítulo  
Inteligente

STABO PÓS

# filosofía

La filosofía aporta herramientas de pensamientos críticos que ayudan a cuestionar la tradición y autoridad. Es el esfuerzo por pensar Pensar mejor Para vivir mejor. El amor a la Sabiduría. (La filosofía intenta vivir de manera un poco más inteligente, por lo tanto, un poco más).

Uno de los Principales Temas de Filosofía

- Lógica
- Estética
- Política
- Ético
- Epistemología
- Metafísica

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document's history.  
 2. Describe the document's  
physical characteristics, including  
its size, shape, and color.  
 3. Identify the document's  
author, date, and location.  
 4. Discuss the document's  
relationship to the document's  
subject matter.  
 5. Explain the document's  
significance in the context of the  
document's history.

la responsabilidad de estos asuntos  
con el fin de obtener una mejor  
comprensión de los mismos.

Hacerlo con el mismo nivel de  
 los otros y a la vez  
 conseguir el máximo de  
 beneficio.

- [illegible]

Uso de, para, sobre, contra

1992

... ..

Problemas: 1. Definir, explicar, analizar, sintetizar, evaluar, crear, aplicar, comprender, relacionar, interpretar, comunicar, etc.

...the ...

... de ...  
... de ...  
... de ...  
... de ...

- em forma de  
matriz - entree - dados  
novos (observações)  
(passado - crítica)

[illegible]

- futuro - futuro  
 pasado - pasado  
 presente - presente  
 futuro - futuro

Spanish: *Artemisa*

Astrofísica  
 Astrofísica  
 Astrofísica  
 Astrofísica

- De jure de facto

Wages y el man

Page 10 of 10

These are the

THE  
PACIFIC

- Conducting for  
Piano, soprano &

4. Explain the difference between a **strong** and a **weak** acid.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

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... nel mondo non  
... la storia  
... a due

# Topografía Abdominal

## 1 HIPOCONDRIO DERECHO

- Lóbulo derecho del Hígado
- Vesícula biliar
- Parte del colon transverso
- El ángulo hepático del colon
- Extremidad superior del riñón derecho

## 2 EPIGASTRIO

- El estómago
- Segunda y tercera parte del duodeno
- Páncreas
- Pecho solar

## 3 HIPOCONDRIO IZQUIERDO

- Codo del páncreas
- El bazo
- Ángulo esplénico del colon
- Extremidad superior del riñón izquierdo
- Arco del peyuno

## 4 VACIO O FLANCO DERECHO

- Parte del intestino delgado
- Colon ascendente
- Polo inferior del riñón derecho

## 9 MESOGASTRIO O ZONA UMBILICAL

- Epíplones
- Mesenterio
- Yeyuno o ileon

## 5 FOSA ILIACA DERECHA

- Ciego
- Apéndice
- Ovario y cordón espermático derecho

## 8 VACIO O FLANCO IZQUIERDO

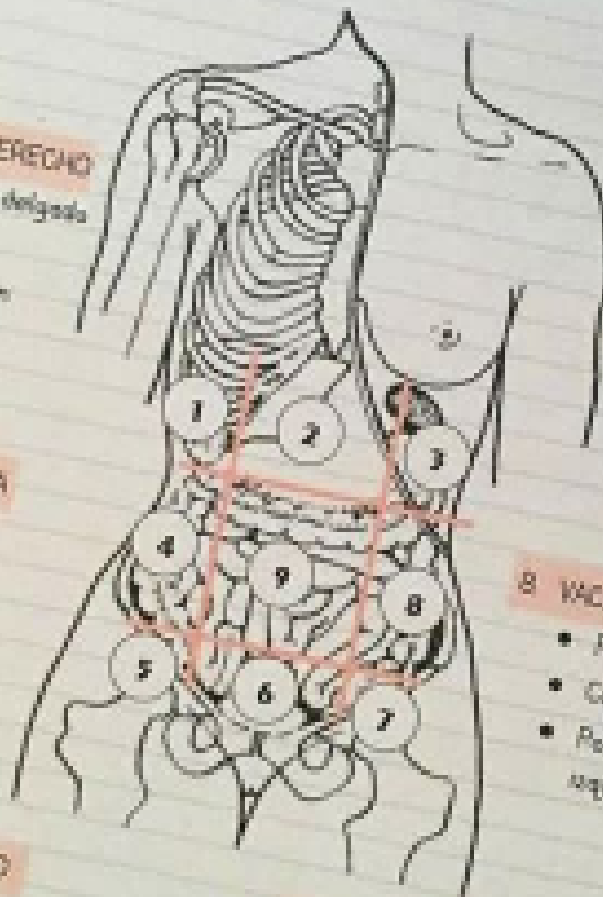
- Parte del intestino delgado
- Colon descendente
- Polo inferior del riñón izquierdo

## 6 HIPOGASTRIO

- Epíplon mayor
- Parte del intestino delgado
- Vagina
- Uterio
- Uretra

## 7 FOSA ILIACA IZQUIERDA

- Colon sigmoidees
- Ovario y cordón espermático izquierdo





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358 Me gusta

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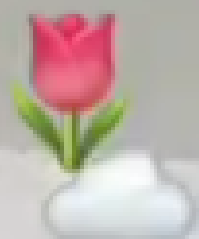
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# Idea de *Portada* escolar







314981, de 6 de abril, del Defensor del Pueblo

- Defensor del Pueblo** → Cualquier español mayor de edad que se encuentre en pleno uso de sus facultades.
- 2. Adjuntos → Nombrados y separados por el DP, pueden conformarse de los siguientes:
  - Asesores.

**Nombramiento** → 5 años, por las CC.LL.

**Procedimiento de elección del Defensor del Pueblo:**

- 1) Creación de Comisión Mixta Congreso - Senado de Relaciones con el DP, que propone a los candidatos.
- 2) Votación:

1. Congreso: mayoría de 3/5 de sus miembros.

Rotificada en el plazo de 20 días

2. Senado: mayoría de 3/5 de sus miembros.

Si no se alcanzan estas mayorías.

→ a CUC-SROP. Propone nuevos candidatos.  
→ si, mayoría de 3/5 de sus miembros.  
→ si, mayoría de 3/5 de sus miembros.

TÍTULO  
Subtítulo

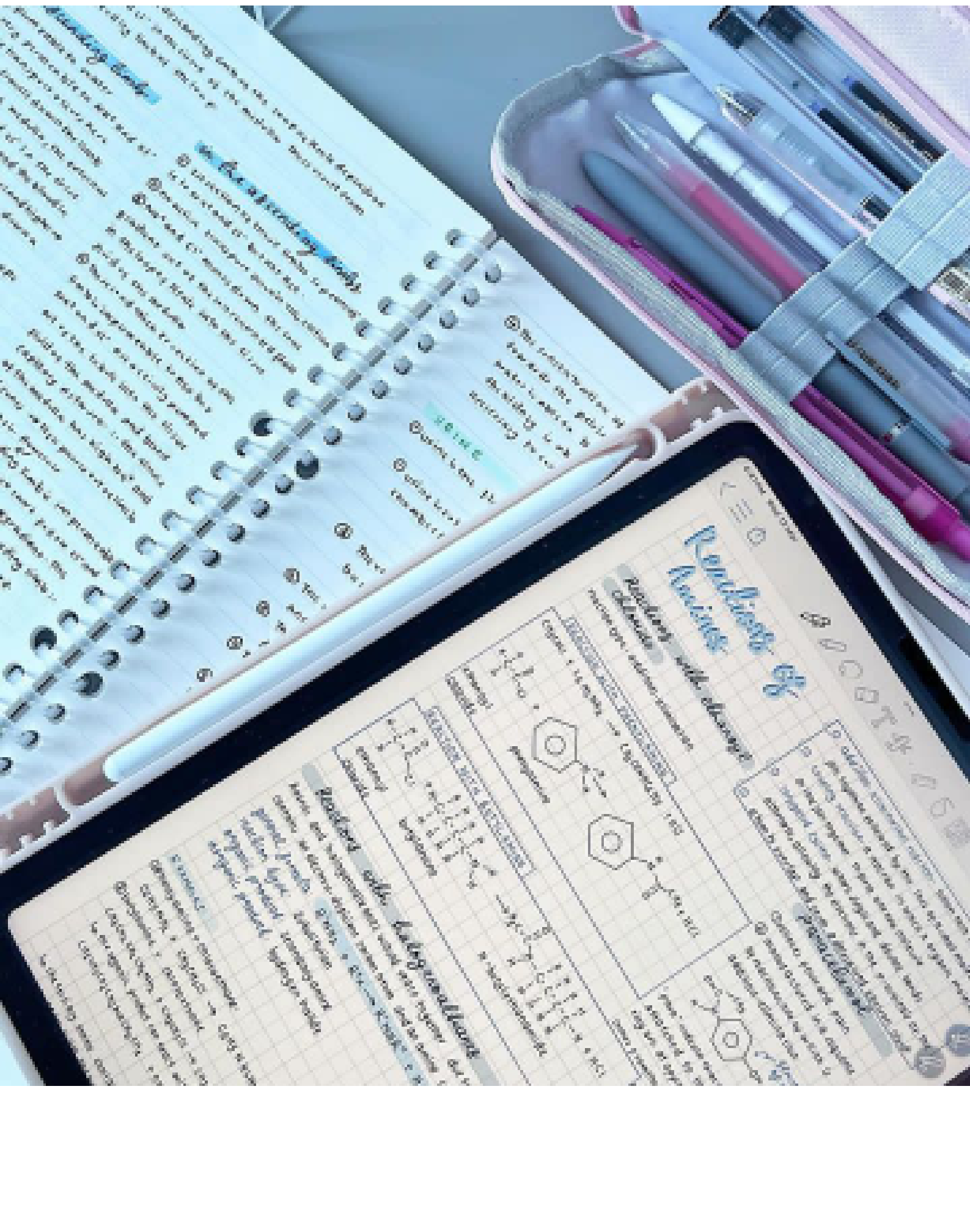
TÍTULO  
Subtítulo

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Kacalaya  
Studies



...the rate of transport is directly proportional to the concentration gradient. This is true for all substances, but the rate of transport is also affected by the size of the molecules and the temperature of the system.

**Active Transport**  
① The rate of transport is directly proportional to the concentration gradient.  
② The rate of transport is also affected by the size of the molecules and the temperature of the system.

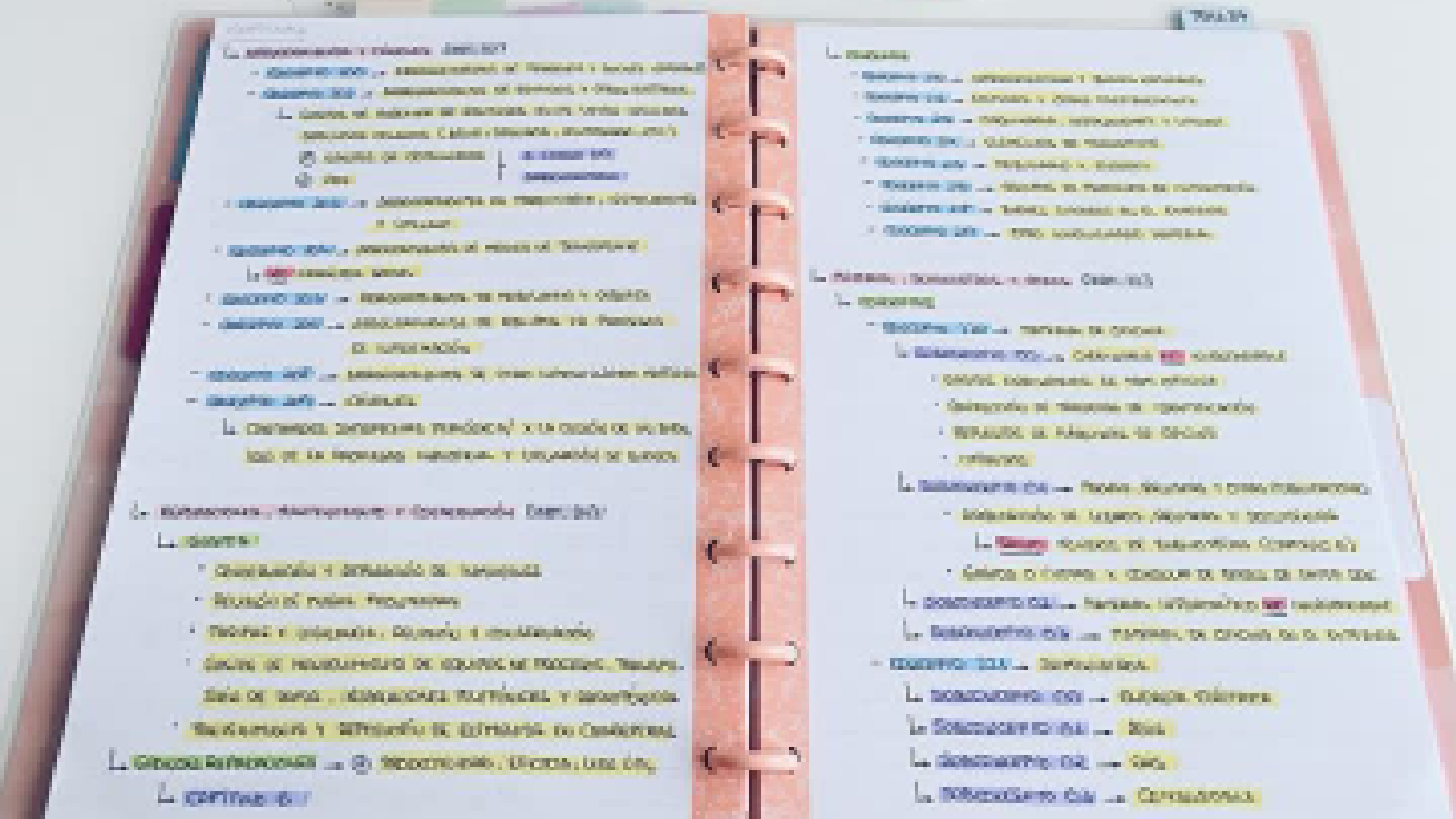
**Diffusion**  
① The rate of transport is directly proportional to the concentration gradient.  
② The rate of transport is also affected by the size of the molecules and the temperature of the system.

**Osmosis**  
① The rate of transport is directly proportional to the concentration gradient.  
② The rate of transport is also affected by the size of the molecules and the temperature of the system.

**Facilitated Diffusion**  
① The rate of transport is directly proportional to the concentration gradient.  
② The rate of transport is also affected by the size of the molecules and the temperature of the system.

**Endocytosis**  
① The rate of transport is directly proportional to the concentration gradient.  
② The rate of transport is also affected by the size of the molecules and the temperature of the system.









inglês

07 março

história  
do Brasil

biologia

história

17  
fev

Kachara  
Studies

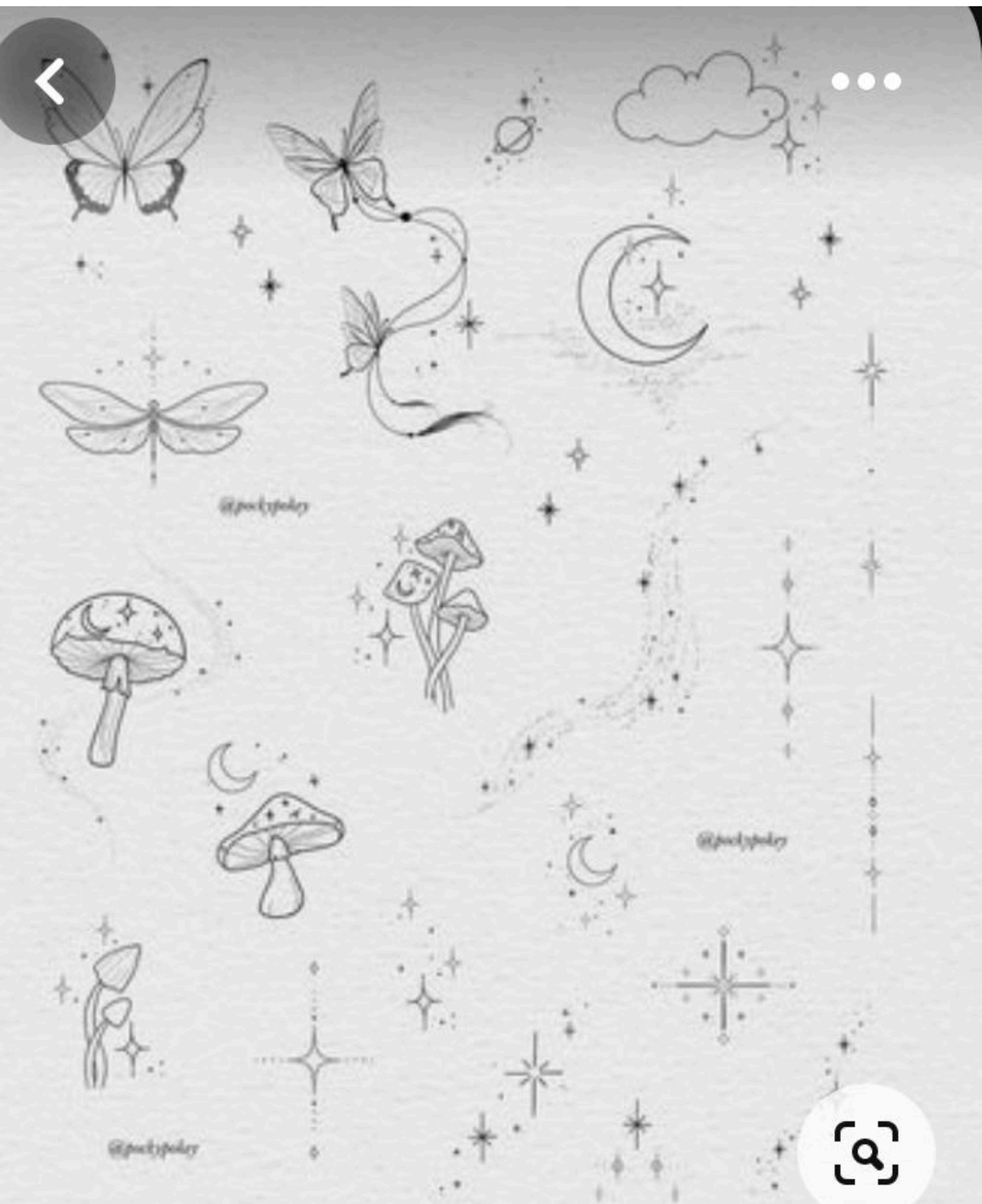
# Teoría musical

La **teoría musical** es un campo de estudio que tiene por objeto la investigación de los diversos elementos de la música, entre ellos el desarrollo y la metodología para analizar, escuchar, comprender y componer música.

## Principales conceptos

- **Notas:** Son los sonidos que componen la música. Hay doce notas en la música occidental, que se repiten en octavas.
- **Escala:** Son una serie de notas ordenadas por su tono y semitonos, que se utilizan para componer melodías y armonías.
- **Acordes:** Son tres o más notas tocadas al mismo tiempo, que se utilizan para crear armonías.
- **Ritmo:** Es el patrón de acentos y pausas que se utilizan para dar forma a la música.
- **Melodía:** Es una secuencia de notas que se tocan una detrás de otra, creando una línea melódica.
- **Armonización:** Es la combinación de notas que se utilizan para crear un sonido completo. La armonía se compone de acordes que se tocan al mismo tiempo.
- **Tonalidad:** Es la clave o nota principal de una pieza musical.





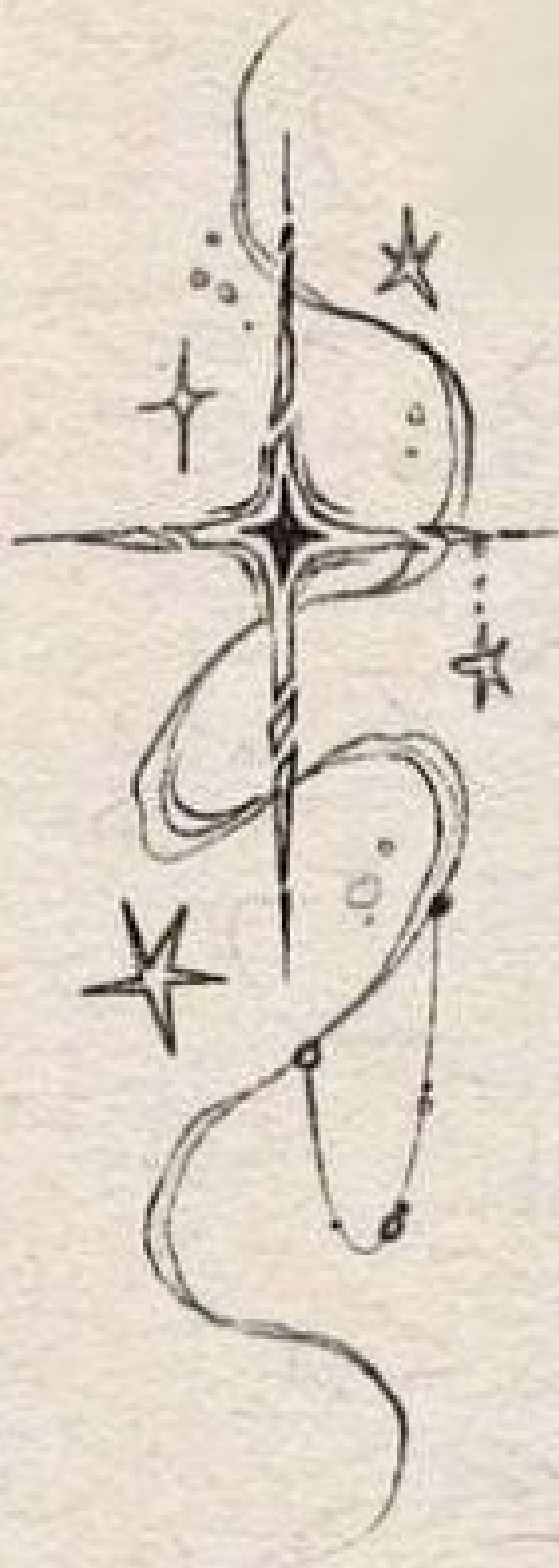


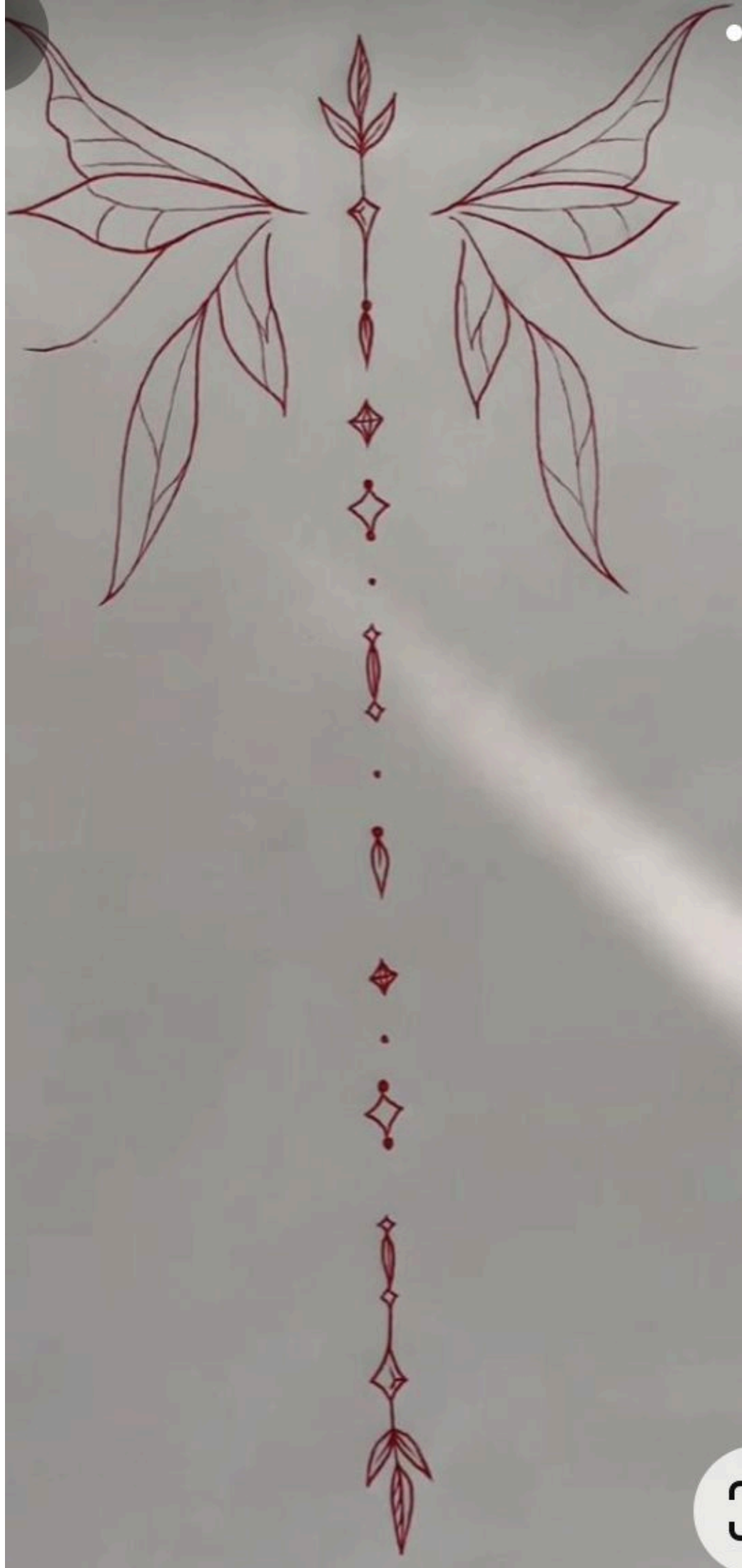


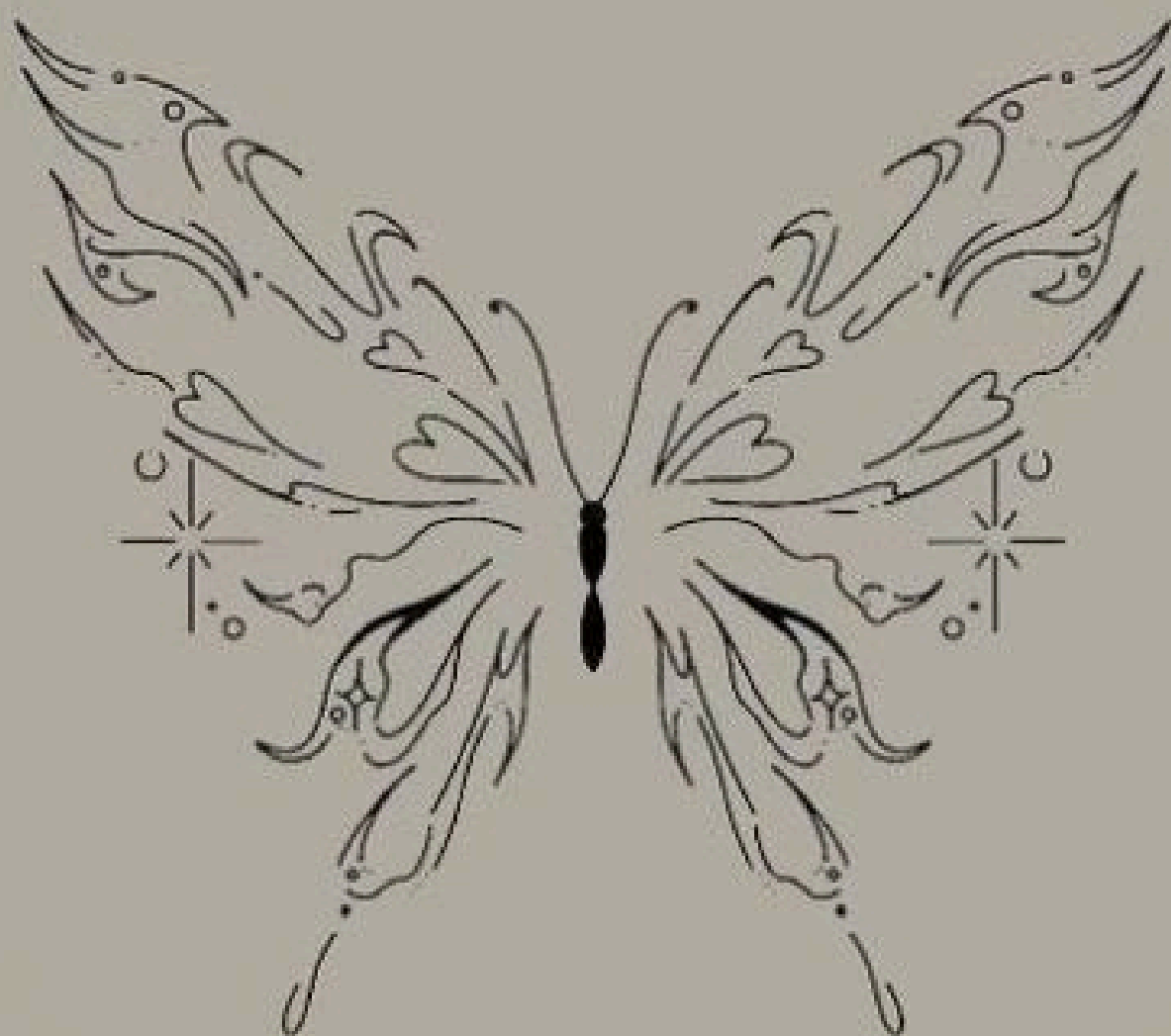












Butterfly whale



Butterflies in summer  
The whale died in the deep sea

Danielle Jacaranda



Butterflies in summer  
The whale died in the deep sea

Flowers Convallaria



Butterflies in summer  
The whale died in the deep sea

Iris butterfly



Miss Rose

Miss Rose



I miss you when you are so close  
I miss you when you are so far

Perfume



3







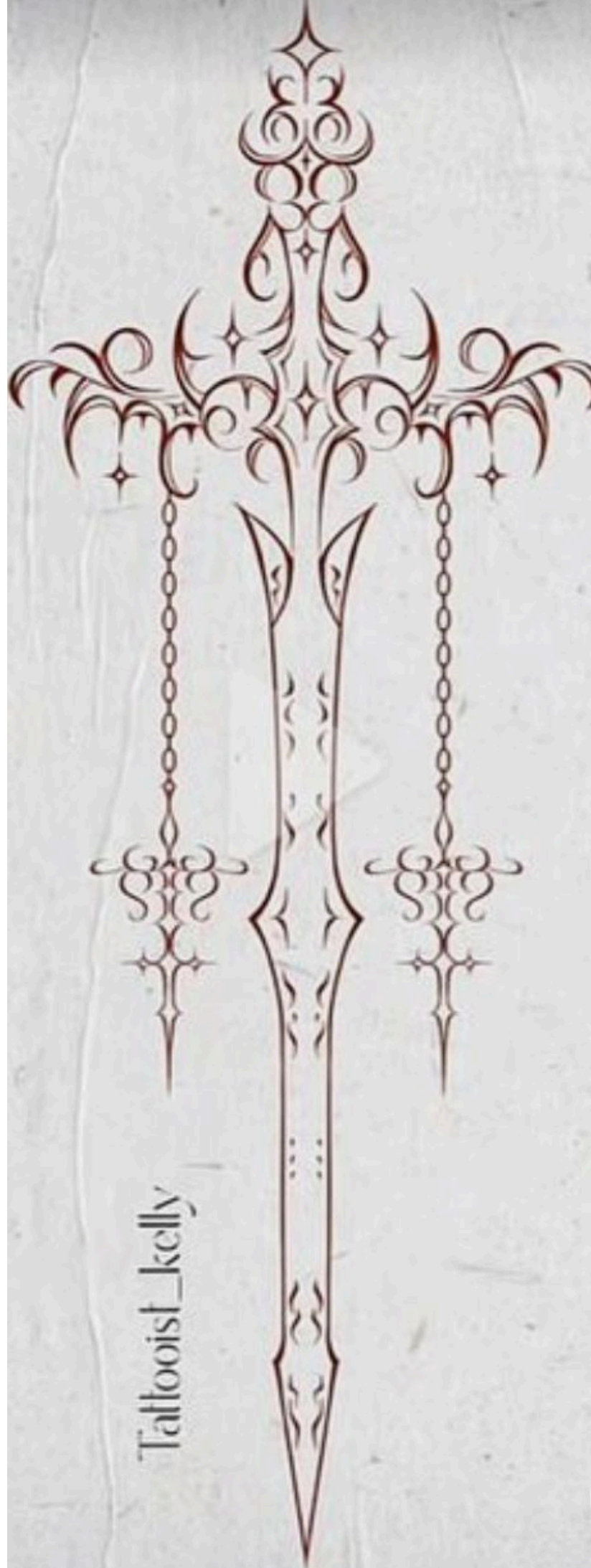








Tattooist\_kelly







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# psicologia social

preconceito, estereótipos e discriminação

**crudes ou comportamentos negativos sobre indivíduos ou grupos**, com base num julgamento prévio, que se mantém mesmo diante de fatos que provam o contrário.

## • Estereótipos

Trança rígida, simplificação do diverso social ou de pre-conceito a características negativas compartilhadas socialmente. Maneira simplista de atribuir características comuns, mantendo todos os membros de um grupo.

**• Comportamental**

- ↳ cognitivo - estereótipos
- seletivo - relação
- comportamental - discriminar

uma forma de simplificar e organizar nossa visão de mundo, tornando a nossa demanda cognitiva.

## • Tomada Automática

↳ o indivíduo internaliza características negativas que lhe são atribuídas tanto que internaliza no seu desejo.

## • Rotulação

↳ o ato de estereotipar, gera expectativas em relação ao comportamento do outro; nas nossas relações, facilitamos, ao atribuído a eles determinados rótulos capazes de prever o comportamento das pessoas a luz do rótulo pode levar a distorções sobre esta outra e até injustas ou julgamentos errados.

## • Discriminação

↳ o comportamento do preconceituoso é baseado em suas crenças, que irão o predispor a agir ou não conforme estas. Portanto, a discriminação trata-se desta ação em si. Quando há a ação das crenças negativas e crenças resultante em um agir

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## Comportamento Operante

• Diz respeito a nossa capacidade de produzir mudança no ambiente. Seu afeto o meio através de um comportamento e ao gerar o meio é produzida uma consequência, que terá um determinado

## Reforço do Comportamento

• ocorre quando a consequência gerada por uma contingência aumenta a probabilidade de um comportamento se repetir no futuro. "reforço é um tipo de consequência do comportamento que aumenta a probabilidade de um determinado comportamento voltar a ocorrer."

## Reforços naturais

• A contingência reforçadora é produto direto do nosso comportamento. Não há necessidade de validação de outra pessoa.

## Reforços arbitrários

• necessidade de validação de outro. A experiência só é a pessoa se o outro validar. ex. cultura, rede social.

## Extinção Operante

• ocorre quando um comportamento que era reforçado é rompido pela ausência da contingência.

## Desenvolvimento da personalidade

Δ A personalidade é formada por traços biológicos e genéticos e também por influências sociais e culturais a partir das interações com o ambiente e com outras pessoas

**Importante**

O indivíduo possui características únicas das experiências que acumulamos com o passar do tempo. As experiências que acumulamos nos tornam pessoas únicas.

## Temperamento

É o primeiro nível da personalidade e ele tem primeiro o temperamento

O LINK DO EBOOK está na minha BIO

↓ ENERGIA DE  
ATIVAÇÃO DAS REAÇÕES

↓  
Aceleram as  
reações químicas

Catalisadores  
Biológicos

Sua formação é  
determinada pela  
expressão dos genes

**Enzimas**

@focoemedicina

FATORES QUE AS  
INFLUENCIAM

- pH
- temperatura
- inibidores e ativadores
- concentração do substrato

NÃO SÃO CONSUMIDAS  
DURANTE A REAÇÃO  
- como TODO catalisador -

ATUAM SOBRE

substrato / reagente

↓  
interação com alta especificidade ao sítio ativo

- MODELO CHAVE - FECHADURO
- MODELO AJUSTE INDUZIDO

Sua cinética pode  
ser medida através  
do cálculo do Km

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Química  
analítica

microbiología

cálculo  
Integral

Biología  
molecular

Física

Ecuación  
diferencial



# atomo

## Demócrito

Propuso que la materia está constituida por pequeñas partículas a las que denominó átomos.

@CAMILA.NOTES



## Wallón

Propuso su teoría atómica en la cual argumentó que la materia estaba constituida por partículas sólidas pequeñas de forma esférica que consideró indestructibles e inmutables y con peso fijo.

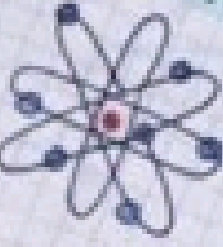
## Thomson

Realizó experimentos con tubos de descarga de gases en los cuales observó los rayos catódicos, un comportamiento en el que emiten rayos de polo positivo al polo negativo.



## Rutherford

Realizó un experimento en el cual bombardeó láminas de oro y plomo con partículas de alfa, además determinó que el espacio por el cual pasaron las partículas es aquel en el cual electrones giran alrededor del núcleo.



# VALORACIÓN anestésica

- Anestesia: pérdida de sensibilidad
- Anestesia general: pérdida de conciencia
- Anestesia local: pérdida de sensibilidad en una zona

**Tipos de anestesia:**

- General
- Regional
- Local
- Sedación

## Prueba de anestesia

- Prueba de anestesia: se realiza antes de la anestesia para comprobar si el paciente es apto para la anestesia.
- Prueba de anestesia: se realiza antes de la anestesia para comprobar si el paciente es apto para la anestesia.
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## Clasificación de anestesia

- Anestesia general
- Anestesia regional
- Anestesia local

## Localización anestésica

- Anestesia general
- Anestesia regional
- Anestesia local

## Indicaciones

- Anestesia general
- Anestesia regional
- Anestesia local

Obtención

# RESPIRACIÓN = Celular =

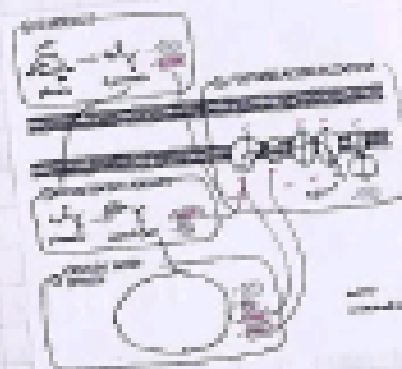


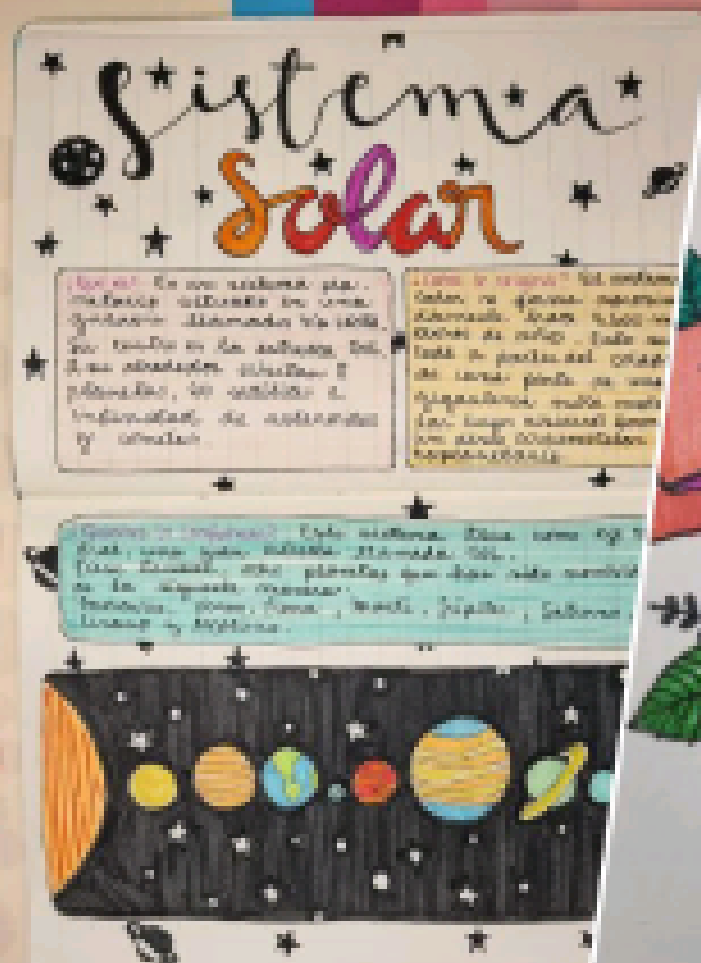
Las reacciones que extraen energía de moléculas como la glucosa se llaman **metabolismo catabólico**. Eso significa que una molécula grande se rompe en moléculas más pequeñas.

La energía contenida en los enlaces de la glucosa se libera en pequeñas volutas y a su vez en **ATP**. En estos pasos se transfiere un grupo fosfato de un intermediario de la vía a **ADP**. (Fosforilación a nivel de sustrato).

## pasos de la respiración CELULAR

1. **GLUCÓLISIS**: La glucosa se transforma químicamente a 12 moléculas piruvato y se genera **ATP** y **NAD<sup>+</sup>** y se convierte en **NADH**.
2. **OXIDACIÓN DEL PIRUVATO**: El piruvato se convierte en acetil-CoA y se libera **CO<sub>2</sub>** y se obtiene **NADH**.
3. **Ciclo del ÁCIDO CÍTRICO**: El acetil-CoA sufre una serie de reacciones para llegar a la molécula inicial de cuatro carbonos. (**ACP**, **NADH**, **FADH<sub>2</sub>**).
4. **FOSFORILACIÓN OXIDATIVA**: El **NADH** y el **FADH<sub>2</sub>** donan electrones en la cadena de electrones.





# BEHAVIOURISM

## LEARNING TYPES

- CLASSICAL CONDITIONING: learning by association
- OPERANT CONDITIONING: learning by consequences of behaviour - punishments & rewards
- OBSERVATIONAL LEARNING: observer imitates behaviour modelled by another individual

## MAIN ASSUMPTIONS

1. PROPER CONTACT MATTER  
• OBSERVABLE BEHAVIOUR  
WE CANNOT SEE INTO THE MIND ∴ WE SHOULD ONLY FOCUS ON STIMULI & RESPONSE
2. WE ARE PRODUCTS OF OUR EXPERIMENTAL ENVIRONMENT  
BEHAVE IN FUTURE & BEHAVIOUR BEING A PRODUCT ONLY OF ENVIRONMENTAL INFLUENCES
3. WE ACQUIRE OUR BEHAVIOURS THROUGH LEARNING  
OUR BEHAVIOURS ARE SHAPED BY 3 TYPES OF LEARNING

## KEY WORDS

LEARNING  
ACTIONS  
OBSERVED BEHAVIOUR  
REINFORCEMENT  
PUNISHMENT  
CONDITIONING  
ASSOCIATION  
PAIN

## CORE STUDIES

BANDURA (1961)  
CHANEY (2004)

## OPERANT CONDITIONING

BEHAVIOUR + POSITIVE REINFORCE + P likely to repeat reinforcement

BEHAVIOUR + NEGATIVE REINFORCE + P likely to repeat / punish

SKINNER'S RATS: food was delivered to rats when they pressed a lever. He experimented with various conditions (only pressing when a certain tone worked best)

## CLASSICAL CONDITIONING

• PAVLOV'S DOGS: PRIMARY  
• food, secondary = bell & response = salivation

• LITTLE ALBERT (WATSON): PRIMARY = white rat, secondary = cry  
He became scared of everything white & fluffy

PRIMARY STIMULUS  
NATURAL RESPONSE

SECONDARY STIMULUS  
NATURAL RESPONSE

NEUTRAL STIMULUS  
CONDITIONED RESPONSE

## OBSERVATIONAL LEARNING

learn from imitating behaviour modelled by others

processes cognitive processes - we are affected by a reward or punishment

## STRENGTHS & WEAKNESSES

STRENGTHS

# BORDERS



@nicolegracestudies



Happy Birthday Amy

1. *Journal of the American Medical Association*, 1997; 277: 100-101.  
 2. *Journal of the American Medical Association*, 1997; 277: 100-101.  
 3. *Journal of the American Medical Association*, 1997; 277: 100-101.  
 4. *Journal of the American Medical Association*, 1997; 277: 100-101.  
 5. *Journal of the American Medical Association*, 1997; 277: 100-101.



20, 2024  
177 Sub. F

1997



Happy Sunday





## Inteligência

Pode ser entendida e  
medida para fins de  
avaliação.

Pode ser dividida  
em: multidimensional  
lógica (matemática)  
e verbal (compreensão  
de textos e situações  
do cotidiano).

## Inteligência

é a capacidade de  
resolver problemas  
e aprender com a  
experiência.

Inteligência é a capacidade  
de resolver problemas  
e aprender com a  
experiência.

## Inteligência de rua

é uma inteligência informal, dependente da  
experiência, que se desenvolve ao longo da  
vida, baseada na capacidade de resolver  
problemas do cotidiano. É a capacidade de  
resolver problemas do cotidiano, baseada na  
experiência.

Além disso, há a inteligência emocional, que se refere  
à capacidade de reconhecer, compreender e  
gerenciar as emoções próprias e das outras  
pessoas.

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resolver problemas do cotidiano, baseada na  
experiência.

F R I D A Y . D E C

- Q catch up on shows
- Q relax + sleep
- Q plan muji trip
- Q organize & clean
- Q binder
- Q backpack

- Q pictures + pens
- Q practice cursive
- Q movie: moana
- Q shop + go to the mall
- Q find a pencil case

S A T U R D A Y 12

- Q desk shopping
- Q wake up early
- Q finish netflix
- Q making a murder
- Q empire season 3

- Q new music
- Q give a sneez peak
- Q buy muji planner
- Q plan winter break

m o n d a y . D E C

- Q doctor's
- Q sister is back (ny)
- Q desk shopping
- Q buy gifts, prints
- Q anthropologie

- Q practice ACT #1
- Q go to Michael's
- Q get mason jars
- Q text & plan diy
- Q plates (2)

# Meiosis

## Mutations

- Substitution: one nucleotide is replaced by another w/ a diff. base
- deletion: a loss of one nucleotide/base
- addition: extra nucleotide/base is added
- duplication: bases are repeated
- inversion: group of bases sep. & rejoin @ same position but in the inverse order
- translocation: group of bases move to a diff. position on same or diff. chromosome

## (and genetic diversity)

### importance

- produces gametes for haploid cells
- if diploid, chromosomes keep ↑
- also produces genetic diversity

## diversity

- genetic recombination: when homologous pairs form, the chromatids of each pair become twisted around each other
- creates tensions ∴ parts of chromatids break off
- rejoin homologous partner

### process

#### prophase I

- homologous pairs
- crossing over occurs

#### metaphase I

- homologous pairs along equator of cell

#### anaphase I

- homologous chromosomes move to opposite poles

#### telophase I

- nuclear envelope reforms

#### decondense

- chromosomes become less condensed

#### prophase II

- nuclear envelope reforms

#### spindle forms

- chromosomes align at equator

#### metaphase II

- sister chromatids separate

#### anaphase II

- chromosomes move to opposite poles

#### telophase II

- nuclear envelope reforms



# government

## BASICS

**government:** the institutions through which public policies are made for a society

→ Key functions:

- maintain national defense
- provide public goods and services
- protect the young
- collect taxes

# Apuntes minimalistas

→ People get involved in participation, which includes the policymaking process

tion)





# apuntes minimalistas desde CERO!

## \* Las Obligaciones \*

La obligación es un vínculo establecido por el derecho que nos obliga a cumplir una determinada conducta.

En términos semejantes se define en las Instituciones de Justiniano: "La obligación es un vínculo jurídico por el que somos constreñidos con la necesidad de pagar alguna cosa según las leyes de nuestra ciudad.

### 1. ATENDIENDO A LOS SUJETOS

#### A. OBLIGACIONES AMBULATORIAS

- La obligación de pagar un esclavo o un...



# dengue

# DENGUE

- Una enfermedad infecciosa producida por el virus dengue.

## Se transmite...

por la picadura de ambas hembras del mosquito *Aedes aegypti*. Cuando una hembra se alimenta de sangre de una persona enferma de dengue adquiere el virus y, al picar a otras personas lo transmite.

## Síntomas

Fiebre acompañada por una o más de los siguientes síntomas:

- náuseas o vómito
- dolor detrás de los ojos
- dolor muscular y en articulaciones
- cansancio
- aparición de manchas en la piel

## ¿cómo tratarlo?

No existe Tratamiento específico o vacuna.

No tomar aspirinas ni automedicarse.

Lo más importante es consultar al médico.

## ¿cómo prevenirlo?

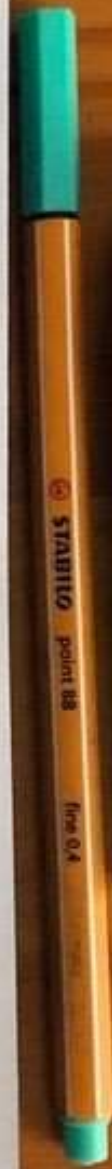
Eliminar los criaderos de mosquitos, es decir todos aquellos recipientes que acumulen agua dentro y fuera de casa, ya que este mosquito tiene hábitos domiciliarios.

# apuntes minimalistas

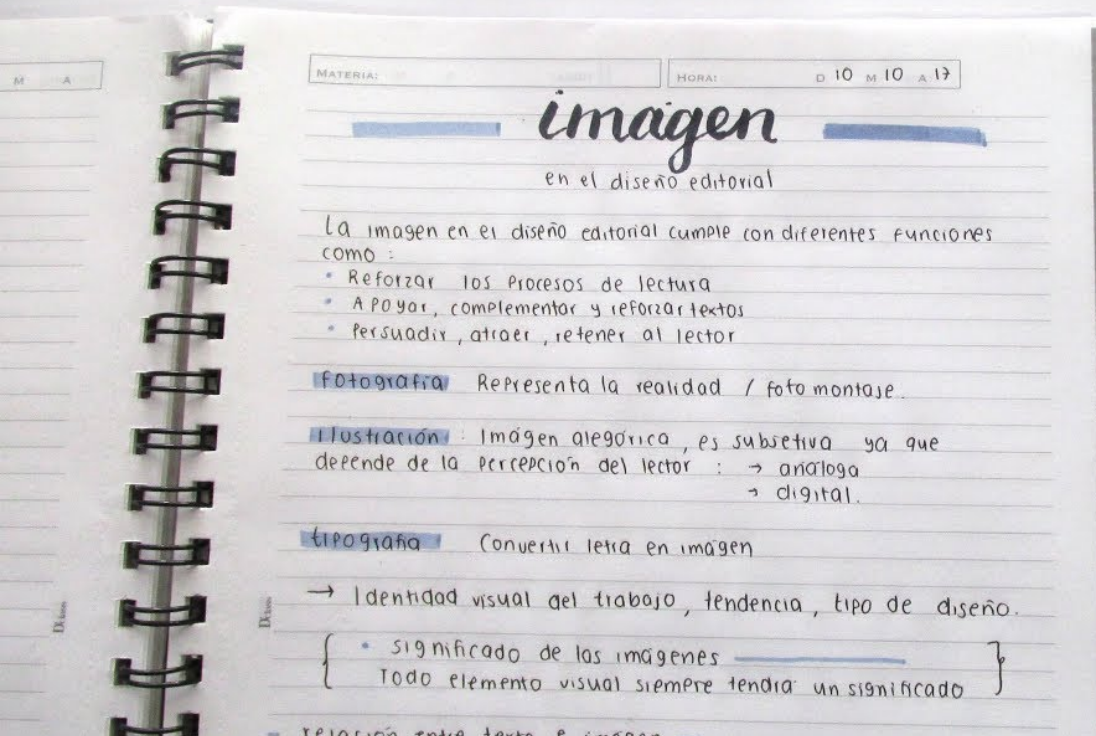




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*título*      *TÍTULO* *título*  
*TÍTULO*      *título* *TÍTULO*  
*título* @universo  
*Apuntes* *título*



# apuntes minimalistas







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-Subtitulo-



@losapuntosdealeja

S M T W T F S

DATE

gestión

DE MARCA

COMMUNITY  
management

Atención  
al cliente

negocio  
digital

Impuestos







ada investigador se dedica a desarrollar su propio lenguaje. Para detener esto, un grupo de investigadores concibió un lenguaje que incluyó todas las mejores cualidades de los diferentes lenguajes. Este lenguaje se llama Haskell.

esto su ejecución.

Las interfaces son una forma de especificar qué debe haber en una clase sin especificar el cómo. Las interfaces tienen una semejanza con las clases abstractas, en el sentido que no tiene como objetivo definir objetos, sino más bien definir una instancia de una interfaz.

post-190

postfijo los operadores quedan del lado derecho.

La manera en que está declarada en ámbito de clase son similares a las funciones habituales salvo de que el compilador realiza de **Nombre Mangling**: Cambia el nombre añadiendo en la que está o caracteres especiales. En este proceso las funciones en un parámetro adicional: el punto que referencia al objeto que se crea. Las funciones miembros se declaran primero al objeto en la sintaxis: `myobjeto.funcion() on()`. Caso Especial es el de las funciones miembro estáticas que se usan de la palabra `static` marcándolo en el código.

Tambien concurrente significa algo que se une con cada litrón.

Una función o subprograma se compone de un solo programa subprograma, o de varios subprogramas, los que a su vez pueden llamar a otros subprogramas. Como la ejecución del subprograma, la ejecución del programa principal sigue inmediatamente a la llamada del subprograma.

El equipo trabajo, en el programa entero, ese suele dividirse

En un proyecto grande en partes más manejables. La  
en la tarea específica durante su elaboración.  
e2 a otros subprogramas.

El cálculo Lambda es un sistema formal diseñado para investigar la definición, la noción de aplicación de función y la reducción.

- consiste en una regla de transformación
- formación simple (sustitución de variables) y un esquema simple para definir funciones

Un subprograma que se llama así mismo es un subprograma recursivo y a este proceso de autollamada se le conoce como recursión.

1. **Excepciones:** Las circunstancias imprevistas en la ejecución de los programas reciben el nombre de excepciones, por lo que los sistemas implementan para resolver estos problemas el manejo de excepciones. Las excepciones ocurren durante la ejecución de un programa que requieren recursos especiales para su control.

- El manejo de excepciones se basa en un mecanismo cuyo funcionamiento tiene 3 etapas básicas:
- Se intenta ejecutar un bloque de código y se decide qué hacer si produce una circunstancia excepcional durante su ejecución.
- Se produce la circunstancia: se "lanza" una excepción (en caso contrario el programa sigue su curso normal).
- La ejecución del programa es desviada a un sitio específico, donde la excepción es "capturada" y se decide qué hacer al respecto.



# class notes

J. Gutenberg (1440s)

printing press invented (bad wine year?)

## Colonial Period (1690s - 1780s)

- New World, Independence from royal censors and control
- low level of literacy (only landowners could read/write)
- news media should help mold government policy and keep all citizens informed (mobilize)
- journalists commit to sharing truth (today?)
- public supports media when government gets heavy-handed with journalists
- in a capitalist system, the media will react in its own best self interest when profit-making is at stake (media as business)

WHAT ARE OUR JOURNALISTS DOING TODAY? WHO ARE THEY? ARE THEY SHARING THE TRUTH? IS IT WORTH IT?

Partisan Period (1780s - 1830s)

(Should new government be... nations under the...)

Revolutionary

FEBRUARY 8<sup>th</sup> 2017  
kyoko-studies

# Mariposa monarca



*Danaus plexippus*

## Santuario:

La reserva de la biosfera de la mariposa monarca está localizada en el estado de Michoacán y parte del oeste del estado de México en la zona central.

Dirección: Michoacán  
Superficie: 560 km<sup>2</sup>

Horario: 9-5 pm  
Formación: 1980

Región: América del Norte.



## Raúl Hernández:

Defensor y ambientalista de la mariposa monarca fue asesinado el sábado, a menos de 1 semana de encontrar el cadáver de otro ambientalista.

La mariposa monarca recorre cada año 4.500 km desde Canadá y los Estados Unidos para establecer sus colonias en los bosques templados. Sin embargo la población ha decaído.

Roberto era de los pocos que defendían las mariposas, sin él... ¿qué les espera?

@Study\_with\_Sol





# ORGANIZING NOTES!

A REFERENCE PAGE

by: @studypetals

1. Start your page with the **TITLE** of the **CLASS** you took notes in!

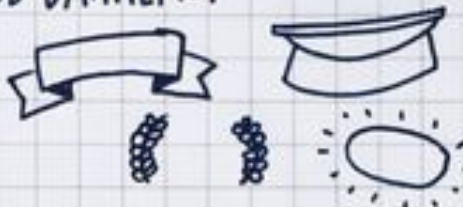
LECTURE 1  
LECTURE

1 LECTURE

lecture  
1  
LECTURE  
ONE

2. you can then start with the **HEADERS**, or the **main topics** of the subject!

ADD BANNERS!



...OR CHANGE colors!

TITLE HEADER

- notes
- notes

3. now comes the **NOTES** for your subject, which you can go and customize!

USE BULLET POINTS!



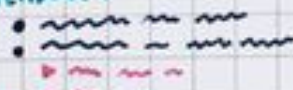
& try INDENTATION!

- main text here
- subtext here
- even more info!

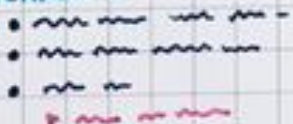
4. for **LAYOUTS**, you can go straight down the page or block out your notes!

STREAMLINE

HEADER 1



HEADER 2

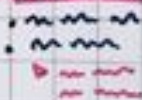


BLOCKED

HEADER 1



HEADER 2

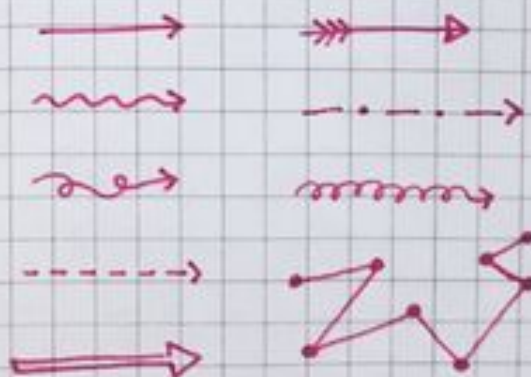


5. you can also add **DOODLES** or some other embellishments to help with the look or understanding of your notes!



★ stars can be important ideas!

you can also add **ARROWS** to connect ideas!





# EUKARYOTIC CELL STRUCTURE (Topic 3-4)

## MITOCHONDRIA - 2-10µm

Each cell is regarded as a multicellular organism. The cell is made up of many different parts. Each part has a specific function. The cell is made up of many different parts. Each part has a specific function. The cell is made up of many different parts. Each part has a specific function.

They produce ATP from glucose. They produce ATP from glucose. They produce ATP from glucose. They produce ATP from glucose. They produce ATP from glucose. They produce ATP from glucose. They produce ATP from glucose. They produce ATP from glucose.

## CHLOROPLASTS - 2-10µm

Inside the chloroplasts are large numbers of grana. Grana are stacks of thylakoids. Within the thylakoids are the photosynthetic pigments. This is where light absorption takes place.

The second stage takes place in the stroma (the fluid surrounding the grana). The second stage takes place in the stroma (the fluid surrounding the grana). The second stage takes place in the stroma (the fluid surrounding the grana). The second stage takes place in the stroma (the fluid surrounding the grana).

## GOLGI BODY

The Golgi has a similar structure to SER, only it's more compact. Proteins and lipids produced in the ER are passed through the Golgi. A strict sequence of steps must be followed. These are carbohydrates. It then releases them and disposes them. Once sorted, the products are transported in vesicles from the Golgi to the rest of the cell.

## CELL WALL

Cell walls are only a characteristic of plant cells. They consist of polysaccharides such as cellulose. They provide mechanical strength in order to prevent bursting from osmosis.

## NUCLEUS - 10µm

The nucleus contains the genetic material and is the control centre of a cell. The nuclear membrane is double. It has pores. The nuclear membrane is double. It has pores. The nuclear membrane is double. It has pores.

## ENDOPHYTIC RETICULUM

Endoplasmic reticulum is a network of membranes. It is involved in protein synthesis. It is involved in protein synthesis. It is involved in protein synthesis. It is involved in protein synthesis. It is involved in protein synthesis. It is involved in protein synthesis. It is involved in protein synthesis. It is involved in protein synthesis.

## LYSOSOMES - 1µm

Lysosomes are formed when the Golgi produces them. They contain enzymes. They contain enzymes. They contain enzymes. They contain enzymes. They contain enzymes. They contain enzymes. They contain enzymes. They contain enzymes.

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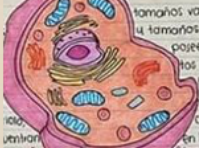


# Cellular

es la unidad básica de construcción de organismos o de célula eucariota, esto significa que tiene núcleo, rica y citoplasma.

## Características

El núcleo está rodeado en una estructura membranosa.



- tamaños variables.
- y tamaños iguales y temporales organelos que poseen con membrana densa y función específica.
- presentes desde el eucariotismo y lisosomas en la célula vegetal.
- en la célula animal.
- que ingresan en la célula.
- Retículo de Golgi: clasifica y empaqueta.
- que son los materiales que se producen en el retículo endoplasmático. Sirve como transporte de proteínas.
- como transporte de proteínas.
- Retículo endoplasmático rugoso.
- es la mayor parte.
- preserva ribosomas y sintetiza proteínas semieliquidad.
- nos y empaqueta.
- Retículo endoplasmático liso: Carece de plegamiento.
- ribosomas, sintetiza lípidos y limpia todo lo que ingieren de manera tóxica.

@xime\_noteshb



# Sujetos de derecho internacional

Un sujeto de derecho internacional es una entidad capaz de tener derechos jurídicos y obligaciones, y tiene por consiguiente la capacidad de celebrar tratados internacionales. Tres son los sujetos del Derecho Internacional, desde su concepción moderna, el primero son los estados soberanos, los cuales son los sujetos típicos, dado que siempre han sido considerados sujetos de derecho internacional y luego se encuentran las Organizaciones Internacionales y el individuo, los cuales son los principales sujetos atípicos, dado que no eran considerados sujetos de DI.

## SUJETOS TÍPICOS

> Estados: Sociedad humana establecida en un territorio determinado sujeta a un régimen jurídico aplicado y sancionado por un poder soberano, para la consecución del bien común temporal. Los elementos del estado son 3: Población, Territorio y la Soberanía. Mantienen un carácter principal por ser los primeros y los que normalmente toman las decisiones sobre los tratados.

## SUJETOS ATÍPICOS

> Organizaciones Internacionales: son creadas mediante un tratado con personalidad jurídica diferente a la de sus miembros. Su finalidad es la de gestionar intereses colectivos de un grupo de Estados o de la Comunidad Internacional. Gozan de personalidad jurídica propia; son titulares de derechos y obligaciones internacionales. Están dotados de órganos permanentes distintos e independientes de los miembros de la organización. Se clasifican en regionales y universales (CEE - FMI). Pueden formar parte de la creación de tratados, otras organizaciones internacionales y mantener relaciones diplomáticas con los estados. A diferencia de los Estados, la competencia de las organizaciones es funcional y no territorial, por lo que...





studyuki\_



@studyuki\_

## deforestation IN AMAZON

### causes

#### Cattle Ranching

- Brazilian government data shows that more than 60% of deforested land is used for cattle ranching
- Cattle are often chosen instead of other options because they have low maintenance cost and don't require much capital
- Some cattle ranchers work with soybean farmers
  - The land is cleared for cattle grazing and leased to the soy farmers who add lime to the soil to make it suitable for soy plants.
  - After a few years, the land is returned to the cattle ranches and they use the improved soil conditions to boost cattle productivity
  - Ranchers also buy soy as cattle feed

#### The Trans - Amazonian Highway

- In the 1970s, Brazil planned a 2000-mile highway that would bisect the massive Amazon forest
  - Colonists would be given 250-acre lots, six months' salary, and easy access to agricultural loans, in exchange for settling along the highway and converting the surrounding rainforest into agricultural land
- However, the sediments of the Amazon Basin rendered the highway unstable and subject to inundation during heavy rains, blocking traffic, and leaving crops to rot.

#### Logging

- Logging is intimately linked with road construction and migrant movements. It gives access to rainforests, where fuel wood, game and building materials are available
- A study by a Brazilian commission showed that 80% of all logging in the Amazon was illegal during the late 90s. Of the 15 companies investigated, 12 had broken the law
- Riches of Amazon rainforest are often sold off as large tracts to firms at prices that are far below their market value to safeguard timber stocks for future

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#### Agriculture

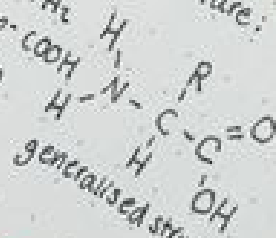
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#### MI

# PROTEINS

Proteins contain carbon, hydrogen, oxygen and also nitrogen. Many contain sulphur, some contain phosphorus.  
Polymers made of monomers, amino acids, with the same basic structure:

- Amino Group -  $\text{NH}_2$
- Carboxyl Group -  $\text{COOH}$
- A Hydrogen atom
- R Group



## PEPTIDE BOND

Amino group of one amino acid reacts with the carboxyl group of another, eliminating water and forming a peptide bond by a condensation reaction.

## GLOBULAR

Compact and spherical molecules. They are soluble. It can include enzymes, hormones, antibodies, plasma proteins and transport proteins. e.g. haemoglobin

## FIBROUS

Long, thin molecules which are insoluble and have structural functions. Polypeptides in parallel chains/sheets with many cross-linkages to form long fibres. e.g. keratin

## BIURET TEST

- Add sample to test tube
- Add a few drops of Biuret reagent
- Shake
- If the colour changes from blue to purple, amino acids are present.

## STRUCTURE

→ Primary - sequence of amino acids in the polypeptide

→ Secondary - the shape the polypeptide forms as a result of H bonding between the  $\text{-O}$  on  $\text{-CO}$  and  $\text{-H}$  on  $\text{-NH}$  groups in the polypeptide. It either forms a  $\alpha$ -helix or  $\beta$ -pleated sheet.

→ Tertiary -  $\alpha$ -helix is twisted and folded to give a 3D shape. It is maintained by hydrogen, ionic, disulphide bonds and hydrophobic interactions.

→ Quaternary - polypeptide chain combines and may be associated with non-protein groups.



# adjetivos

## INTRODUCCIÓN

Hay dos tipos de adjetivos en japonés: los adjetivos *-i* y los adjetivos *-na*. Están clasificados de acuerdo a la manera en la que se conjugan. Analizaremos ambos grupos a continuación.

### adjetivos *-i*

Son muy sencillos de conjugar ya que son esencialmente como sustantivos. Todas las reglas de conjugación para los adjetivos *-i* y los sustantivos son las mismas. La única diferencia es que los adjetivos *-i* pueden modificar directamente un sustantivo.

**adjetivos *-i* (una persona)**

いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま

**adjetivos *-i* (una persona)**

いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま

**adjetivos *-i* (una persona)**

いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま

### adjetivos *-na*

En este grupo, los adjetivos siempre acaban con la vocal *na* siempre en *na*. Cabe mencionar que hay adjetivos como *na* que terminan en *na*, pero en realidad son adjetivos *-i*. A continuación veremos como se conjugan estos adjetivos.

**adjetivos *-na* (una persona)**

いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま

**adjetivos *-na* (una persona)**

いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま
いま	いま	いま	いま

### EJEMPLOS

いま	いま	いま	いま
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いま	いま	いま	いま

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# OBJETIVO DE COSTEO: Alimentos

## INTRODUCCIÓN

El objetivo de costo de alimentos es determinar el costo real de los alimentos que se consumen en un restaurante, para poder establecer un precio de venta que cubra los costos y genere una ganancia.

## MAXIMA ADMISIBLE:

Costo de venta (full cost)

## COSTO REAL DE ALIMENTOS

El costo real de alimentos debe ser determinado en diferentes niveles a fin de tener un control adecuado y evitar los errores. Por ejemplo, un restaurante puede tener un costo real de alimentos que sea diferente al costo real de los alimentos que se consumen en el restaurante.

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El costo real de alimentos puede ser determinado en diferentes niveles a fin de tener un control adecuado y evitar los errores. Por ejemplo, un restaurante puede tener un costo real de alimentos que sea diferente al costo real de los alimentos que se consumen en el restaurante.



# Reino Plantae

@Study\_with\_Sol

## Reino plantae:

En biología, se denominan "plantas" a los seres fotosintéticos, sin capacidad locomotora cuyas paredes celulares componen una estructura rígida. Se cree que las plantas terrestres proceden de antecesores acuáticos es decir, de el mar, al abandonar este medio acuoso se adaptaron mediante nuevas estructuras, así las plantas porfin conquistaron la tierra y se adaptaron sobreviviendo gracias a la aparición de hojas (para absorber luz), raíces, (para absorber agua y sales), tallo (para conducir nutrientes) y algunos medios de reproducción como las flores.

## Ejemplos:

- Algas verdes:
  - clorofitas
  - carofitas
- Terrestres:
  - Embryophyta
- Briofitas
  - hepáticas - musgos
  - antoceris - vascular
- Pterodofitas:
  - Lycopodios - Equisetos - helechos.





# El mar



El mar es el conjunto de agua salada que cubre más del 70% de la superficie de la tierra y posee ecosistemas, mares y corrientes. También, modera el clima del planeta y tiene papeles importantes en los ciclos del agua, carbono y del nitrógeno.

## Clases de mares

**Litorales:** O costeros. Se reconoce porque presenta mayor amplitud de las mareas, temperaturas un poco más elevadas.

**Continental:** Son mares que están dentro de uno o varios continentes y se unen al océano.

**Cerrados:** Son mares completamente aislados y se confunden con lagos.



## Mitología GRIEGA

Los antiguos griegos tenían una gran cantidad de dioses del mar, sus muchas ciudades abrazaban estrechamente la costa mediterránea, desde el continente helénico hasta Asia menor, Cirene, Sicilia y el sur de Italia. Fue natural, por tanto, el desarrollo de una rica variedad de divinidades acuáticas.





# ADJECTIVES

## appearance

### APARIENCIA

attractive atractivo  
bald calvo  
beautiful hermoso  
chubby regordete  
clean limpio  
cute lindo  
dazzling deslumbrante  
drab monótono  
elegant elegante  
fancy sofisticado  
fit en forma  
flabby fofo  
glamorous glamoroso  
gorgeous precioso  
handsome guapo  
magnificent magnífico  
muscular musculoso  
plain soso  
plump rollizo  
pretty lindo  
perfect perfecto  
slender delgado  
shapely bien proporcionado  
skinny muy delgado  
strange extraño  
unkempt descuidado  
unsightly antiestético

### PERSONALIDAD

agreeable afable  
ambitious ambicioso  
brave valiente  
clumsy torpe  
delightful encantador  
embarrassed apenado  
faithful leal  
grumpy irritable  
gentle gentil  
happy feliz  
jolly alegre  
jealous celoso  
kind amable  
lazy flojo  
lively vivaz  
mysterious misterioso  
nice amable  
nervous nervioso  
obedient obediente  
polite cortés  
panicky muy nervioso  
proud orgulloso  
pitiful lamentable  
silly absurdo  
thoughtless desconsiderado  
uptight reprimido  
witty ingenioso

## size

### TAMAÑO

big grande  
colossal colosal  
deep profundo  
fat gordo  
gigantic gigante  
huge enorme  
immense inmenso  
large grande  
little pequeño  
massive masivo  
microscopic microscópico  
miniature miniatura  
petite menuda  
puny diminuto  
scrawny escualido  
short corto, bajito  
small pequeño  
tall alto  
teeny chiquitito  
tiny minúsculo



# Madame CURIE

## Herencia

### BIOGRAFÍA...

Marie Curie nació en Varsovia (Polonia) el 7 de noviembre de 1867 y murió en Passy (Francia) el 4 de Julio de 1934

Nacida como Salomea Maria Skłodowska, Marie Curie es conocida por ser la 1era mujer científica en recibir el Premio Nobel y ser la primera catedrática de la universidad de la soborna en París.

- Las investigaciones sobre la radiación del uranio del físico Henri Becquerel y el descubrimiento de rayos X
- Investigaciones sobre sustancias radioactivas
- Descubrimiento de nuevos elementos
- Radio

Polonia

- El descubrimiento de la radioterapia y como esto le ayudaba las personas con cáncer.

### TRAYECTORIA

A base de esfuerzo y sacrificio, en 1893, Marie Curie se licenció en Física por la Universidad de París siendo núm. 1 de su promoción. Tan solo un año más tarde conoció a su esposo Pierre Curie.





FUENTES DE DERECHO → hechos o actos de conducta que brinda criterios de objetividad para que una comunidad separada es derecho que la rige. el comporta-  
miento que debe observar. Pueden ser:  
Formales o directas → hechos o actos de conductas que ocurren por los propios  
órganos del estado  
No formales o materiales → surgen de la...

# principios del derecho administrativo.

## DEFINICIÓN DE ESTADO

surge en el siglo XV  
con Maquiavelo

**atributos** → ámbito geo-

gráfico con límites,  
comprende el espacio  
aéreo hasta el centro  
de la tierra y el prin-  
cipio de extraterritorial-  
idad.

**población** → nativos y  
extranjeros, personas  
que circulan

forma de organización política de una sociedad. Exis-  
te la existencia de un territorio donde habita una  
población que se organiza bajo un poder de imperio  
desarrollado por quien gobierna y es ejercido por el  
cumplimiento de normas para alcanzar un bien  
general. @notes\_tam

El ESTADO está sometido a un ordenamiento jurídico  
desde su nacimiento, el **PRINCIPIO DE LEGALIDAD**  
condicional en el derecho administrativo el cual forma  
parte del derecho público desde la revolución francesa.  
Enata de que el poder que ejerce el gobierno del po-  
pulo bajo el ordenamiento jurídico que establece el  
propio estado.

## FUNCIONES DEL ESTADO

distribuido:

**LEGISLACIÓN CONSTITUYENTE**: dicta normas fundamen-  
tales para ese estado. En el último siglo se  
minismo que garantiza los  
el poder en los di-  
nativo, judi-



@ANDYSTUDIESLANG

# the chemistry of emotions

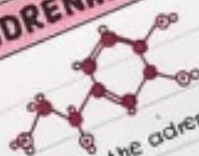
When two neurons meet, a very small gap (synapse) exists between them. The electrical impulse travelling along the axon of the neuron must convert into a chemical signal to bridge this gap. The chemicals that do this are called **neurotransmitters**. These so-called chemical messengers are involved in our different responses to situations.

## ADRENALINE



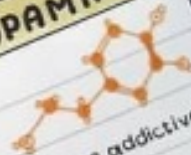
Released by the adrenal glands that sit on top of each kidney, adrenaline increases the flow of blood to our muscles, raises our heart rate and dilates our pupils.

## NORADRENALINE



Similar to the adrenaline, the release of this chemical can result in increased levels of alertness, helping to prime us for action if needed. It also increases our blood pressure.

## DOPAMINE



This is the addictive reward chemical that your brain craves. It serves to motivate you to seek out the things you need for your survival.

## OXYTOCIN

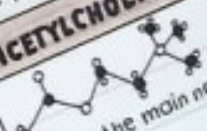
Also known as the cuddle hormone, oxytocin is released when you're close to another person. It's essential for making strong social bonds, and it's also a key part of why we want to trust people.

## GABA



Responsible for regulating muscle tone, it also regulates the communication between brain cells. It can calm us down by reducing the rate at which our neurons fire.

## ACETYLCHOLINE



This is the main neurotransmitter in the parasympathetic nervous system that slows our heart rate, contracts smooth muscles and dilates blood vessels.



# Subjunctive mode

The English subjunctive is a special, relatively rare verb that expresses something **DESIRED OR IMAGINED**. We use the subjunctive mainly when talking about events that are not certain to happen. For example, we use the subjunctive when talking about events that somebody:

- **WANTS TO HAPPEN**
- **ANTICIPATES WILL HAPPEN**
- **IMAGINES HAPPENING**

## Form of base subjunctive

The form of the base subjunctive is extremely simple. For all verbs and all persons, the form is the base - do, go, sing, work. This table shows the base subjunctive in all persons:

BE	WORK	SING
be	work	sing
be	work	sing
be	work	sing
be	work	sing
be	work	sing

- quest, suggestion.
2. **ADVISABLE / ANXIOUS-ADJECTIVE + THAT**
- advisable, best, crucial, desirable, essential, imperative, important, urgent, necessary, unthinkable, adamant, anxious, determined, eager, keen.
- Look at these sentences which include examples of the above:

## SUGGEST-VERB

**main clause** 'that clause'

1. He suggests that you be present at the meeting.

2. He requested that the car park not be locked at night.

3. They recommend that he join the company.

## SUGGEST-NOUN

**main clause** 'that clause'

1. They made a suggestion that we should go.

2. He made a proposal that we should go.

3. The president has issued an order that we should go.